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<u>Schizophrenia patients and communication disorders</u> (<u>mourning man, mourning woman</u>)

No energy, intellect, or stamina to open up a new path The problem of reverberation

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Mental handicapped welfare handbook, free public

<u>transport, discount pass issuance, on-the-spot discount by presenting the handbook</u>

Can't go out, can't go on a trip to a remote place ... negative symptoms

Complete a meal with just one drink

Become insensitive to dress and cleanliness ... Negative symptoms

<u>Sleep time is disturbed, I just can't sleep ... I can't get up on</u> time

I can't confide the name of my disease

<u>Academic deterioration due to illness ... cognitive dysfunction</u>

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Schizophrenic patients who have difficulty going to the hospital from themselves

Schizophrenia patients and car driving

<u>Schizophrenia, grumpy solitude, pseudo-dialogue, laughing alone</u>

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A good way for schizophrenic patients to communicate with others is online

<u>Search for used condominiums and housing complexes for schizophrenia patients</u>

<u>Pharmaceutical companies summarize schizophrenia</u> <u>temperament and behavioral characteristics</u>

Causes of death in schizophrenia patients

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Is there a new drug rush for schizophrenia in 2015?

I am not good at entrusting myself to others, I am not good at leaving myself, I am not good at disclosing myself to others

Schizophrenia and religion

I can't read or understand others' emotions

Noisy, sensitive to sound, hyperacusis

<u>Tired, don't want to move, don't want to get up, don't want to do anything, get tired</u>

I can't read books

Schizophrenia and difficulty in learning English and words

Schizophrenia and watching TV anime

Not good at handling computer command lines

There is a core of stubbornness in my heart

I bought a lot of radio clocks but ...

Occupational issues and considerations for schizophrenia patients (collected by national affiliates)

<u>Becoming too objective ... human society, isolation from humanity</u>

I'm hooked on leaving me

Conversation does not continue, no topic

Around you, distractions, lack of attention, lack of

concentration ... what is the solution?

Lack of social and sociality

Desirable College of Education for People with

<u>Distemperament</u>

Life continues as if gas has run out

<u>I can't remember what we did yesterday.</u> ... I can't remember the first half of today.

Physical education is no good

My ears are terrible

The idea is closed by myself ... I don't talk to someone, I

can't ... The idea is self-contained

<u>I keep thinking ... I can't stop thinking ... Spontaneous thinking</u>

<u>Clumsy</u>, <u>clumsy movements of the body and hands. I can't move smoothly. Distorted.</u>

Writing on blackboards and whiteboards is not successful Utility of internet search and cognitive dysfunction

There is a wave in physical condition

I don't want to be like animals. I want to be non-living.

I don't want to meet a friend

I can't do business contact or business talk

Forget what you wrote

<u>I can't eat ... calorie mate diet days</u>

Scared to meet people

Too many web browser tabs open ... Can't close tabs I drink cold tea in the refrigerator ... even though it is midwinter

Schizophrenia patients and the Olympic broadcast

Words don't come out, don't come to mind

<u>Concentration does not last. I can't follow complicated settings and dialogue.</u>

I can't hear the lyrics

For the time being just washed on the head ... whole body shower advanced technique

Story of Nazi Germany's T4 operation ... Euthanasia of the mentally ill

<u>Thinking cessation, brain activity cessation and schizophrenia</u>

Computational loss and schizophrenia

I don't like meeting others ... I can't make friends

Every day of repeated tension and deep sleep

<u>I tried brain age diagnostic test and brain training game ...</u> <u>cognitive dysfunction</u>

I can't sleep if I have left behind that day

<u>An information magazine that links patients with the same schizophrenia and their families</u>

<u>Corrupted person = rotten brain person = schizophrenic patient</u>

Abnormal taste: Side effects of sleep inducers

I can't do computer programming cognitive dysfunction
Communication disorders and schizophrenia
Social fear, shyness, withdrawal and schizophrenia
Can't throw things away
Stuporous temperament and school study, study
<u>Universal design, UI, UX, barrier-free computer for</u>
<u>schizophrenia patients</u>
Prone to runaway with a close mind to others
Side effects of schizophrenia drugs
Can't escape day and night reversal
Can only do one thing at a time, can't imagine
I change my mind forget everything I said before
Would be a direct statement
Severe temperament and "hidden" antisocial elements
Schizophrenia, DTM (Desktop Music) production, Vocaloid P
How to fix day and night reversal life
They tend to choose hobbies that do not have to talk to
<u>anyone</u>
<u>Involuntary autism negative symptoms</u>
Hearing after a long time and its cause Virtual
<u>psychological intervention of the person giving pressure</u>
<u>Unpopular, uninhabited, tend to choose the destination</u>
<u>Lazy disease-negative symptoms</u>
<u>Interview summary site for schizophrenia participants</u>
<u>Decide on one, can't squeeze</u>
I want to lie down. Just enter the futon.
<u>Foreign body sensation on the head, discomfort</u>
The next day, if you have a big errand or event, you will stay
up all night on the previous night
New drug lurasidone (Latuda) seems to be effective for
<u>cognitive impairment and memory impairment</u>
I want to use a high-resolution display or monitor
<u>cognitive dysfunction</u>
Yin and Yang in medicine for schizophrenia changed from
<u>Invega to Abilify</u>
It's hard to correct uptime

The company at work and the confused schizophrenia patient who seems to adhere to all working hours I can't sleep at night, I can't get up in the morning ...

If you think you can sleep well

<u>Can you match your company's time schedule? ... Long</u> <u>sleeper</u>

<u>Abilify administration, 8 hours work, insomnia, hypersomnia</u> <u>Abilify medication and maintenance of libido, return</u>

<u>I just eat lacto ice</u>

Eating peanut butter

Mentally beaten, weak

I can't speak to others

No coordination

Tend to like to fade out

I like air conditioning

Want to commit suicide by listening? Music CD

Turn around with Abilify

Example of the course of a positive symptom followed by a patient: From my first experience

Out of alignment with society and society

Self earthquake

Hallucinations and misidentification

Hallucinations of the entrance chime sound do not stop

Good and bad points of Abilify ... Impressions of actually

taking medicine

Attempt to control symptoms that turned over with Abilify

Visitor delusion, visitor phobia ... schizophrenia

<u>Living corpse</u>

Essentially one-person oriented, but also strongly dependent on others ...

<u>Gaze phobia, sensitive relationship delusions are getting</u> <u>worse ...</u>

Examples of memory disorders in schizophrenia

Changes in the appearance of surrounding objects and

screens due to taking a sleep aid

The real reason conservatives are conservative

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I can't work ... I'm on leave from the company

Positive / negative alternative

Not read the air

Confused by simultaneous offers from two people

Flick character input and memory impairment

Doing the wrong job, work different from the main subject

Premature dementia: recall disorder

Amnesia ... I don't remember what I did

<u>Cognitive impairment symptom list up ... Extracted from</u> anonymous bulletin board

Only unpleasant memories come back

Get acquainted twice

Not good at asking others for things

A hollow in my head ... nothing comes out, thinking poverty

Weak in speaking out in public

How to be a saint

I can't draw letters well with a pen

I can't shoot video with a video camera ... Akathisia

Continue to hear the echo of the sound

Not good at icons ...

I can't remember the contents that came to my mind just before

<u>Unable to clean up room, trash house ... negative symptoms</u> Leave a futon, just lie down ... negative symptoms

People tend to postpone interpersonal negotiations.

<u>Interpersonal relationships and communication tend to be</u> passive and rejective

Indecision, indecision

Run away from others, on the other side, anti-run

Once started, it does not stop ... reversal day and night

<u>I can't go for a walk</u>

Schizophrenia and developmental disorders

Brexpiprazole, a new drug that seems to be effective for

cognitive impairment

I like to stay alone in my room

Forget what you were trying to do just before distracted

Medication for schizophrenia

Don't talk to others, ignore, muteness

Not good at drinking parties, banquets, ceremonies

Poor memory test scores

No human rights for schizophrenia patients

Similarities between negative symptoms of schizophrenia

and inactive illnesses in the earthquake victims

Schizophrenic patients are thunder-like

Presymptomatic prodromal symptoms of schizophrenia

I forgot to take the medicine just before and almost took it twice

Negative recollections ... remember bad things and bad things

Involuntarily voices come out and leak

I can't remember history, events

What is work for schizophrenic patients

They tend to sever interpersonal relationships

Going on the back road alone ... I can not join the front road

Weak in entering a private store

Conversations with others are parrots

<u>Good physical condition, concentration strength has waves</u> <u>Schizophrenia patients and inactive illness, economy class</u> syndrome

<u>Telepathy blurs boundaries between self and others ...</u> positive symptoms

It is troublesome to do anything ... Negative symptoms

<u>Is it better to call it a brain disease or brain disorder than to call it a mental illness?</u>

It looks like a sensitive radio

<u>I am not good at moving others, do nothing, try to do everything alone ...</u>

<u>Trying to break the interpersonal relationship, rebuilding the interpersonal relationship once it is not good ... the cause of the onset</u>

Hate speech to schizophrenic patients on the Internet bulletin board

New drug, Lexarti

Where are schizophrenia patients in the Japanese society? I can't read the other person's expression. I do not understand the other person's emotions.

<u>Is it appropriate to kill disabled people who are unlikely to play a social role?</u>

New drug Sorian

<u>Postpone the task little by little ... eventually abandon the task</u>

I like skip reading

Concentration breaks when talking with others

Forget your thoughts soon ... short-term memory is ruined Schizophrenic patients as persons with intellectual disability I can't remember or come out of words ... the destruction of memory search ability

No endurance in conversation, no stamina

Not good at cooking

Just like an animal's sloth ... negative symptoms

<u>I can't build interpersonal relationships from myself</u>
Mental whiteout

Discommunication and schizophrenia

<u>The need for social isolation and schizophrenia patients in Japan</u>

Can't get a deadline order? Instability of life rhythm Embrace low social status

<u>Private room is good because shared room is not good and it is small</u>

Forget or forget the medicine, swallow the medicine twice Effectiveness of nicotine and tobacco ... cognitive dysfunction

How to judge yourself for hallucinations

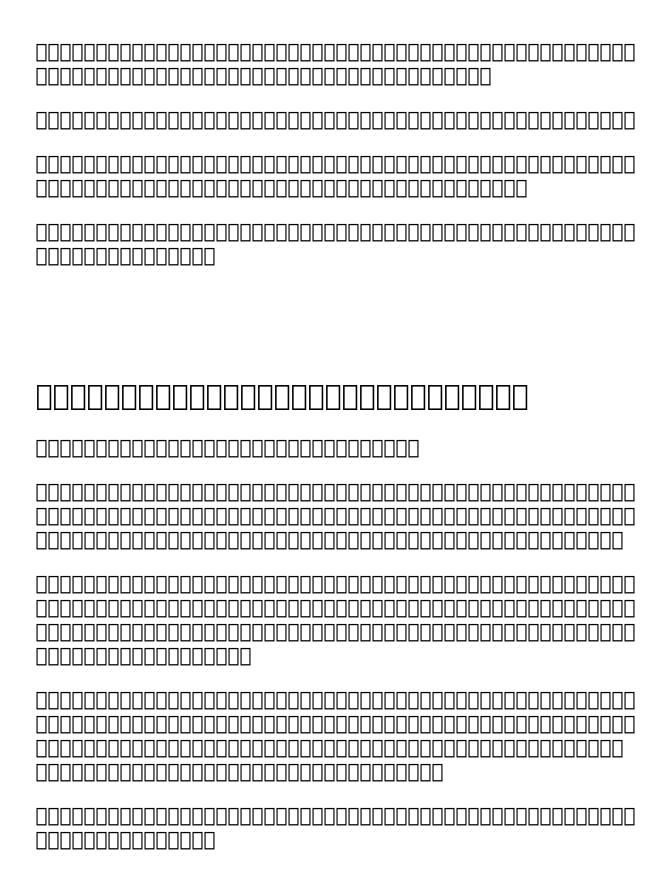
Contents of hallucinations heard when schizophrenic

patients have positive symptoms

Positive symptoms and circular stage forced

Positive symptoms and carbonated drinks
How to virtually eliminate hallucinations of positive
symptoms

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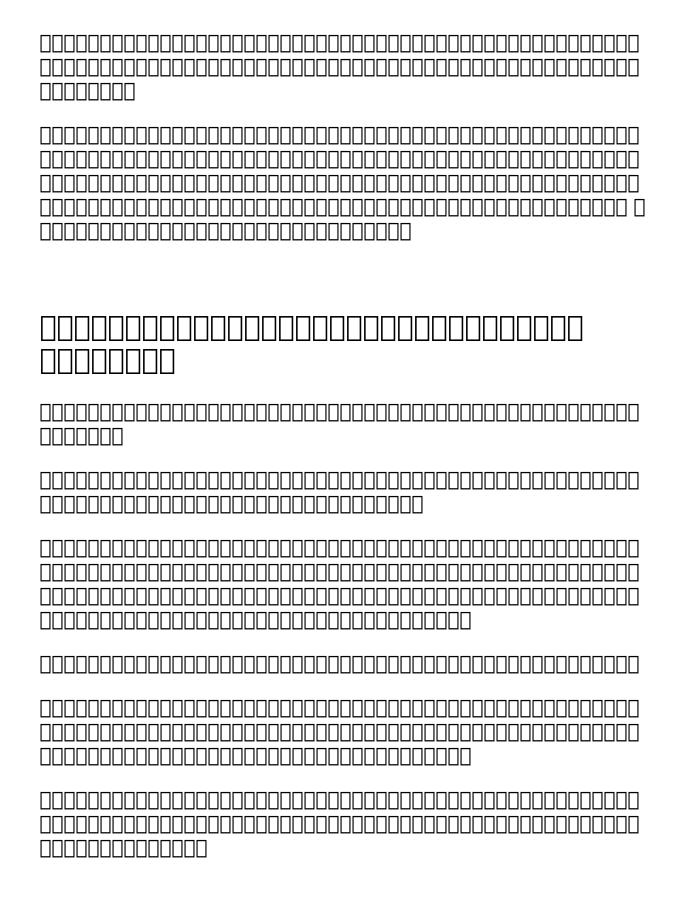


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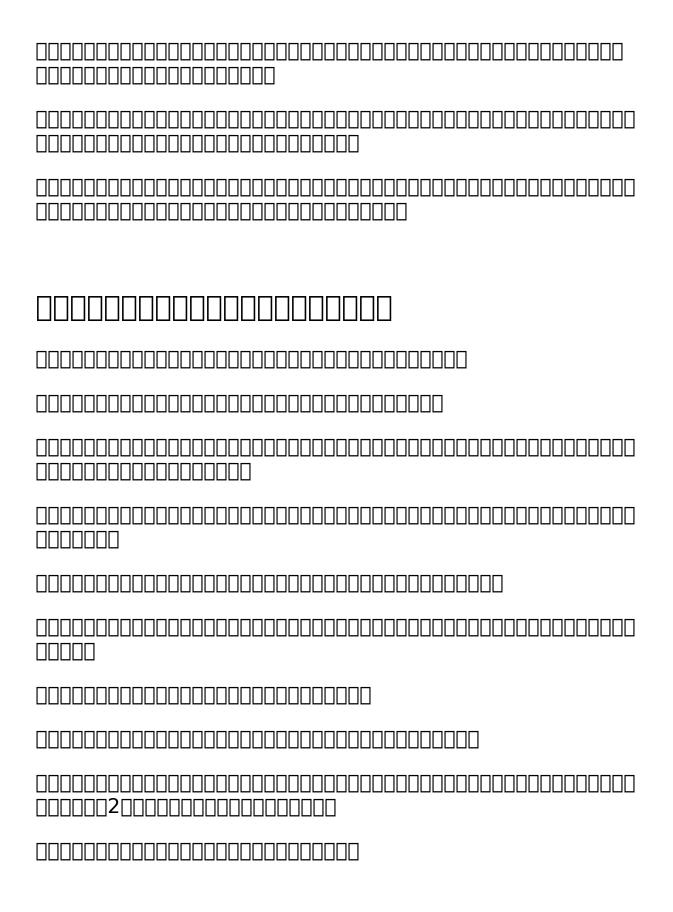
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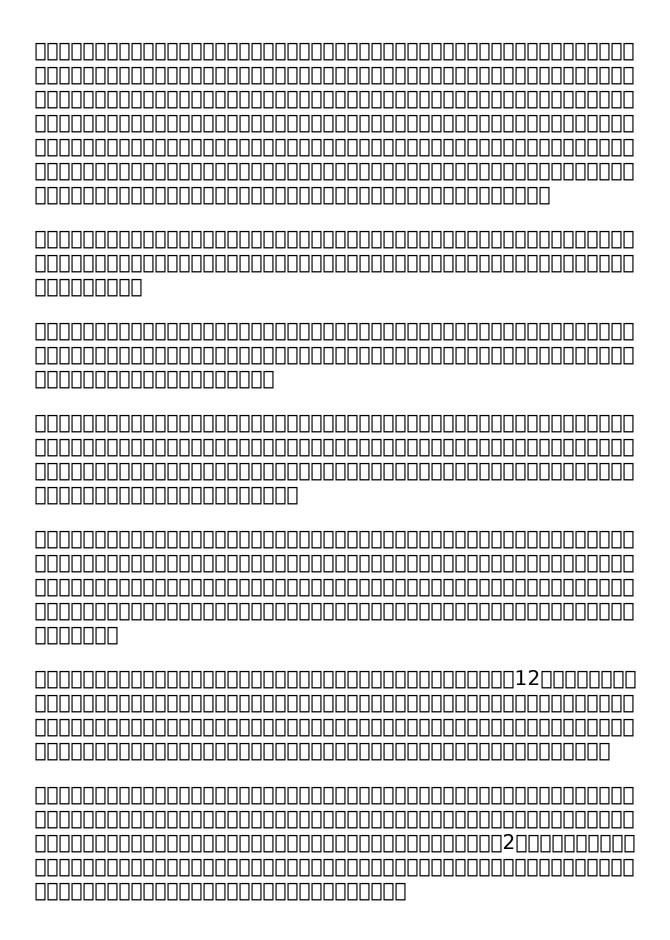


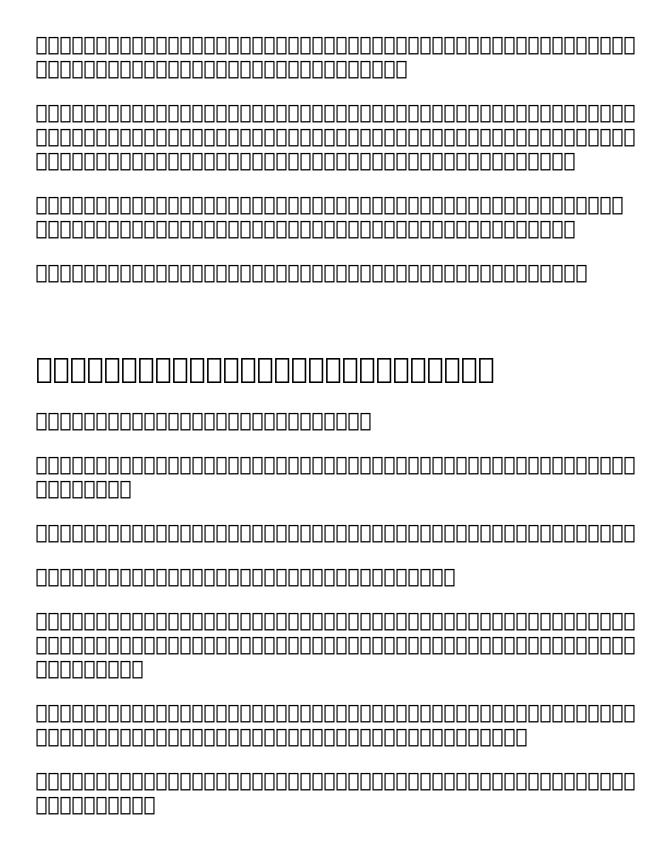
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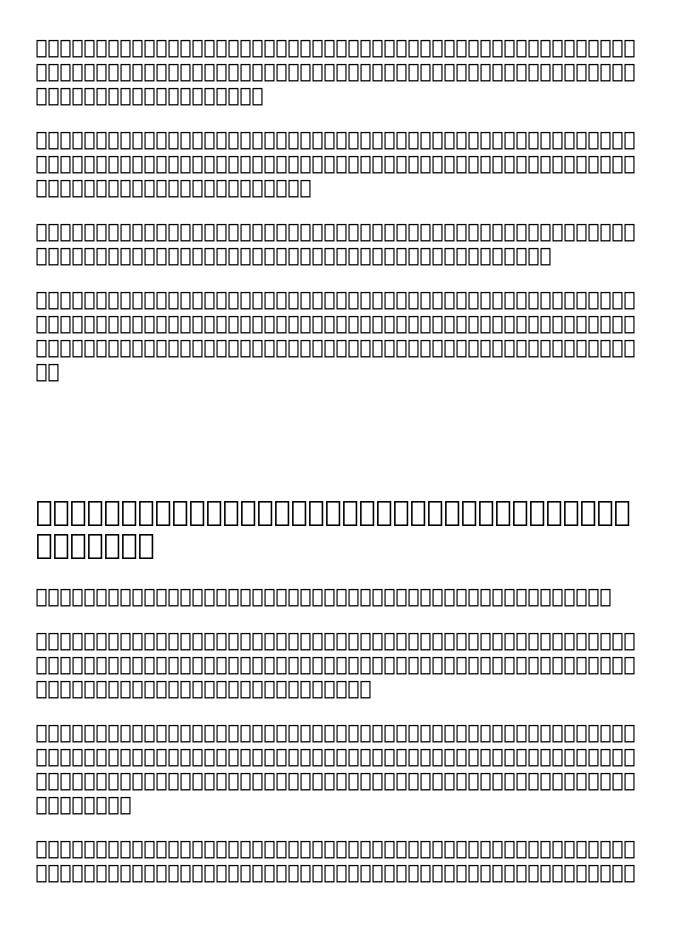
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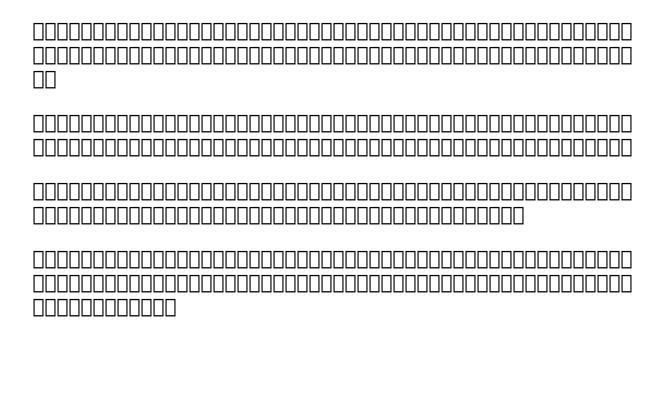


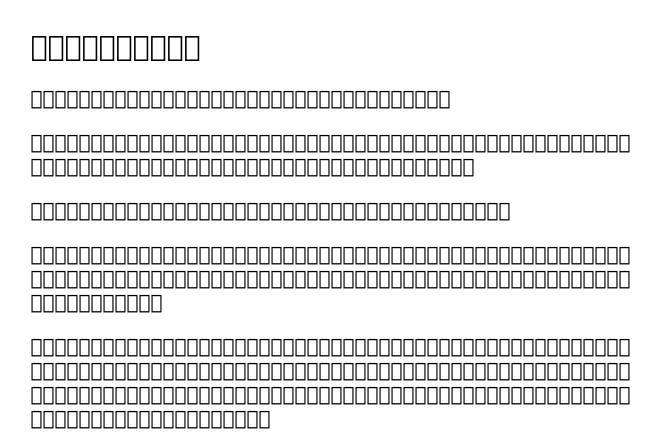
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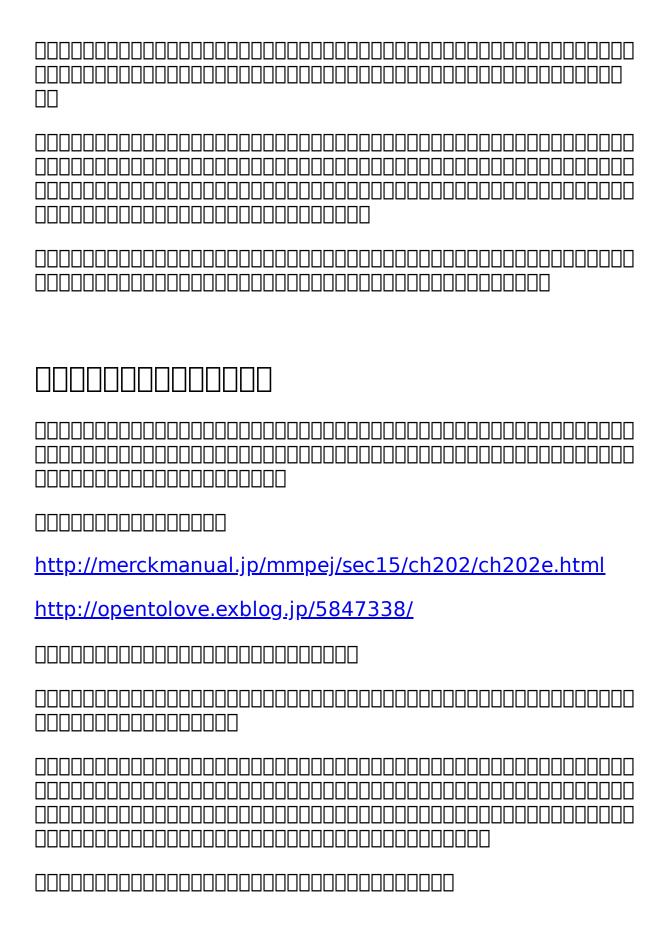
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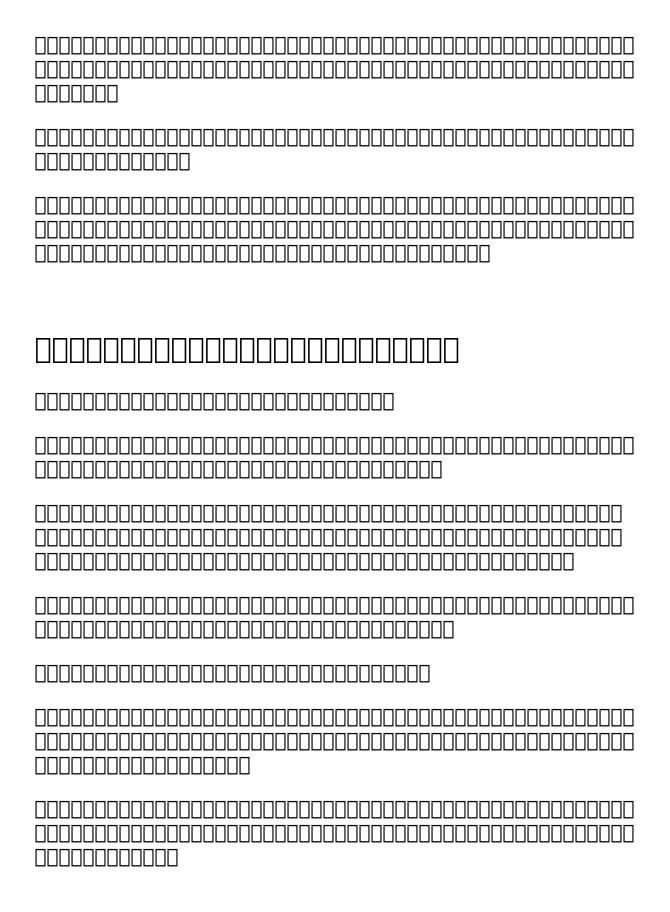
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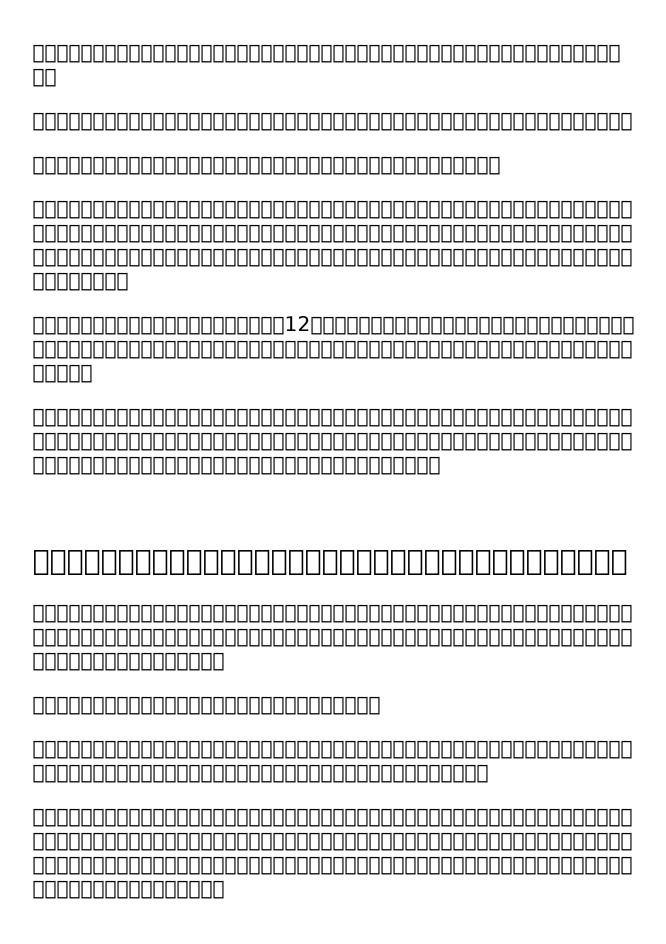


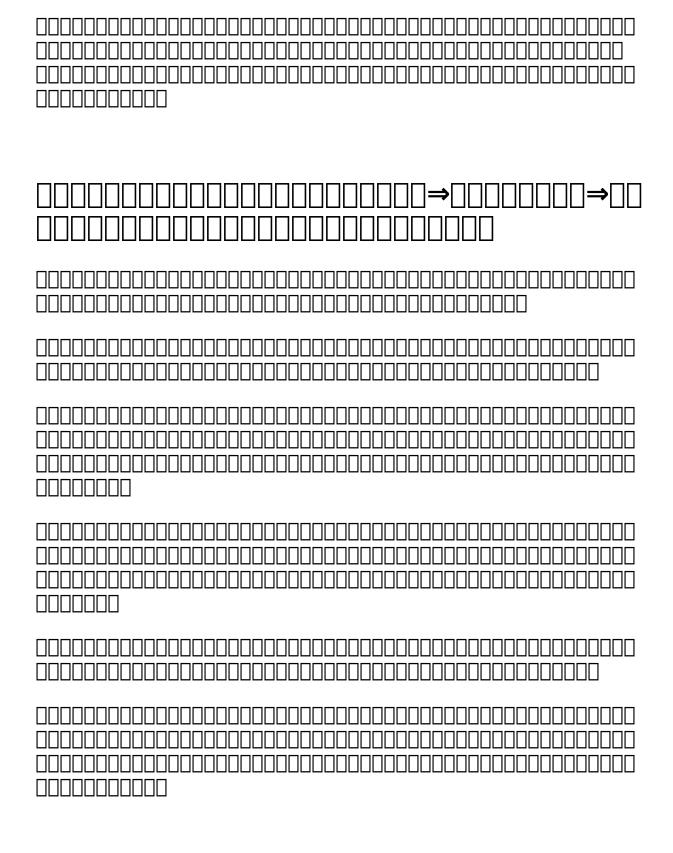






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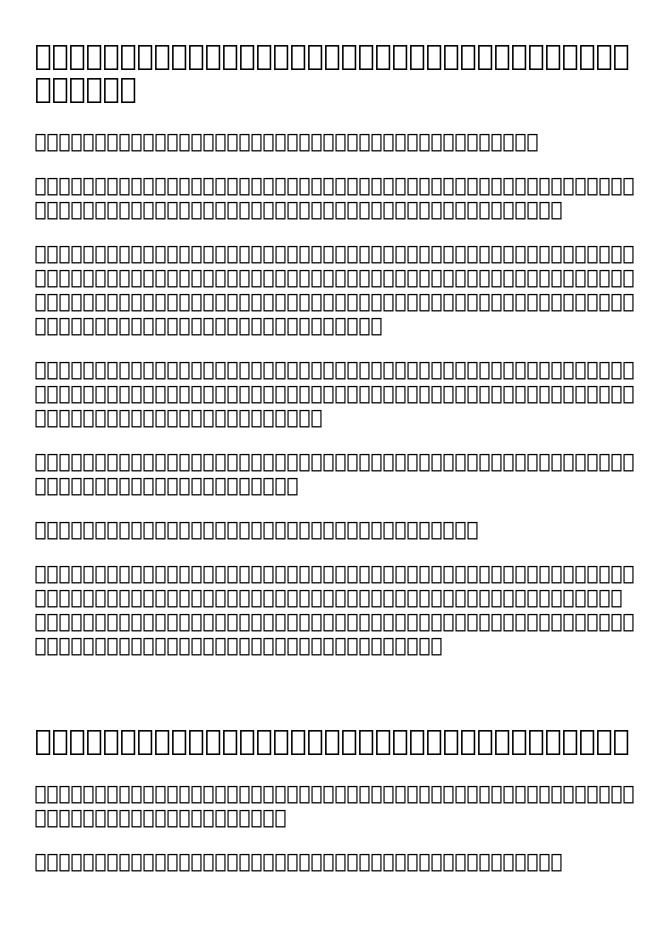
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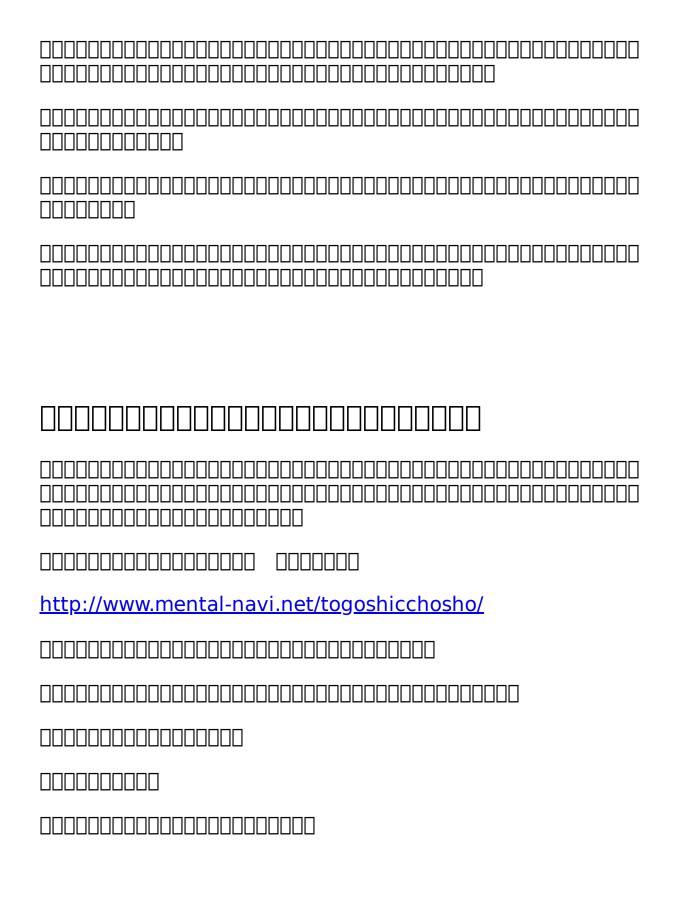
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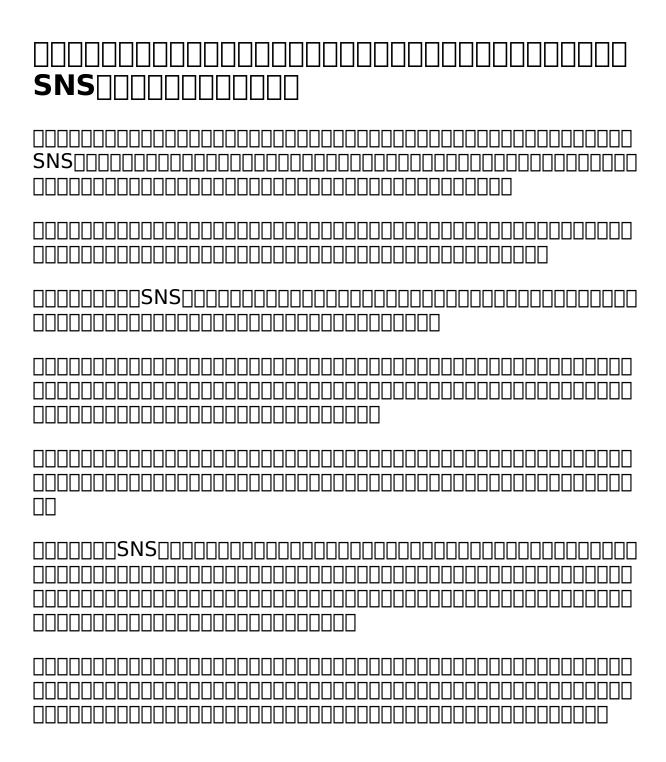


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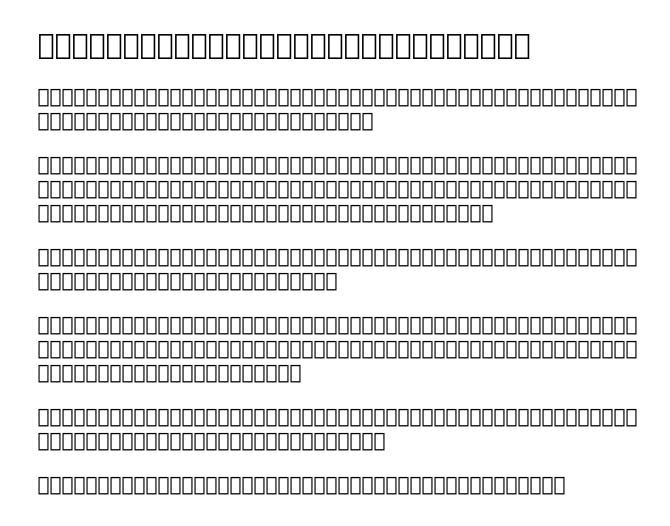


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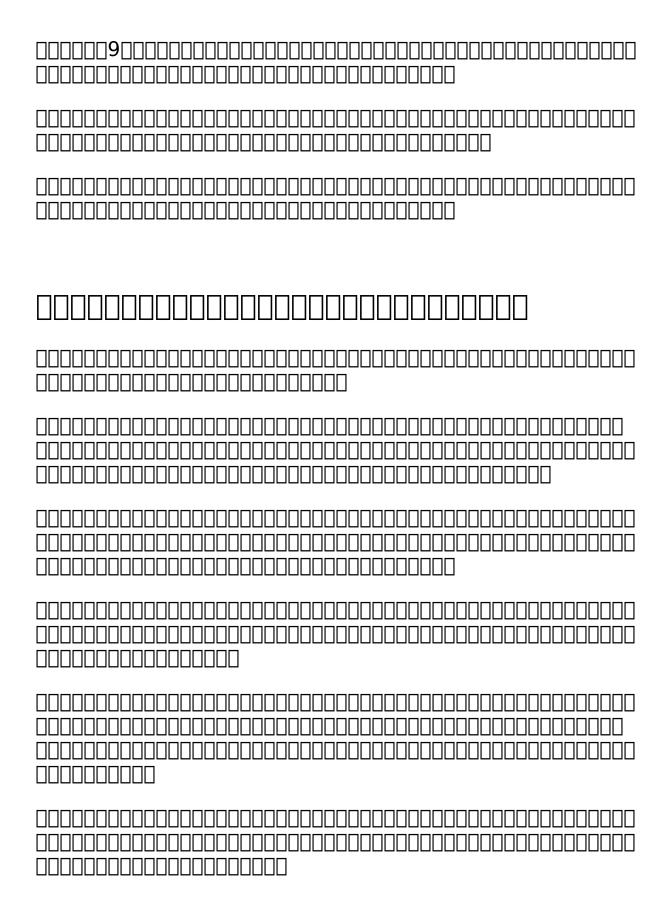


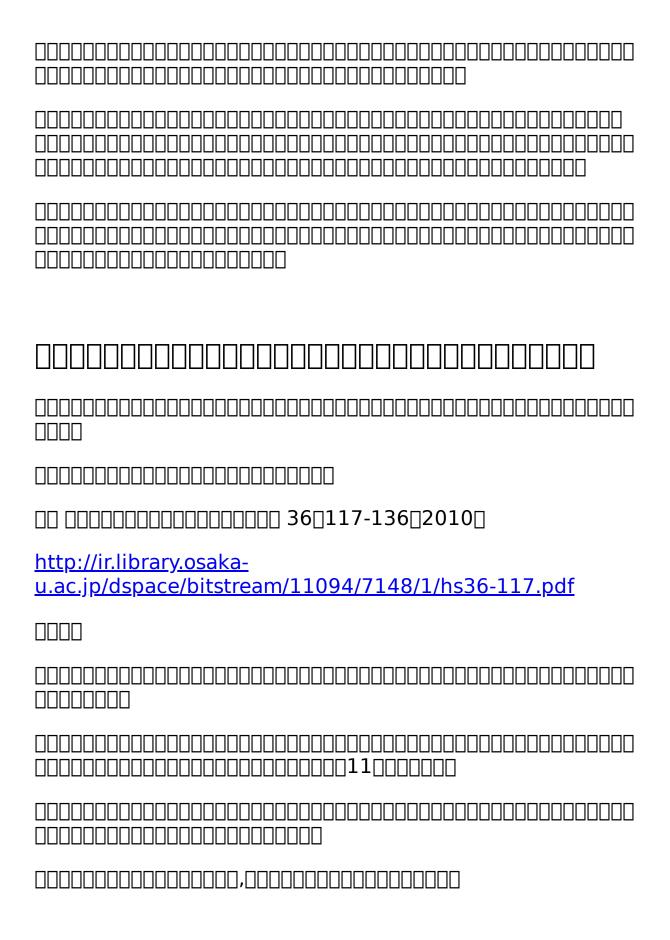
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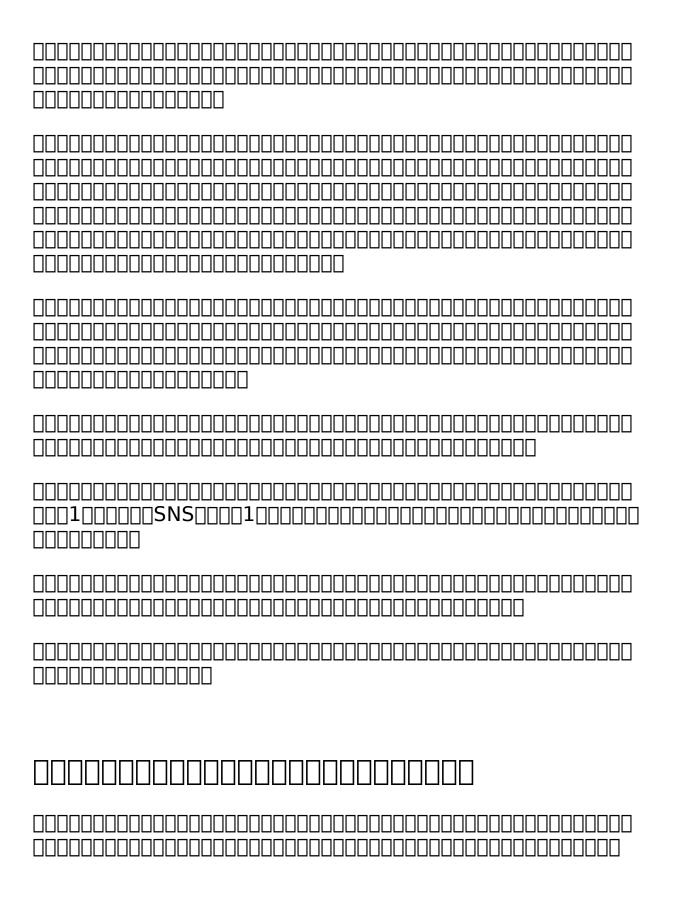
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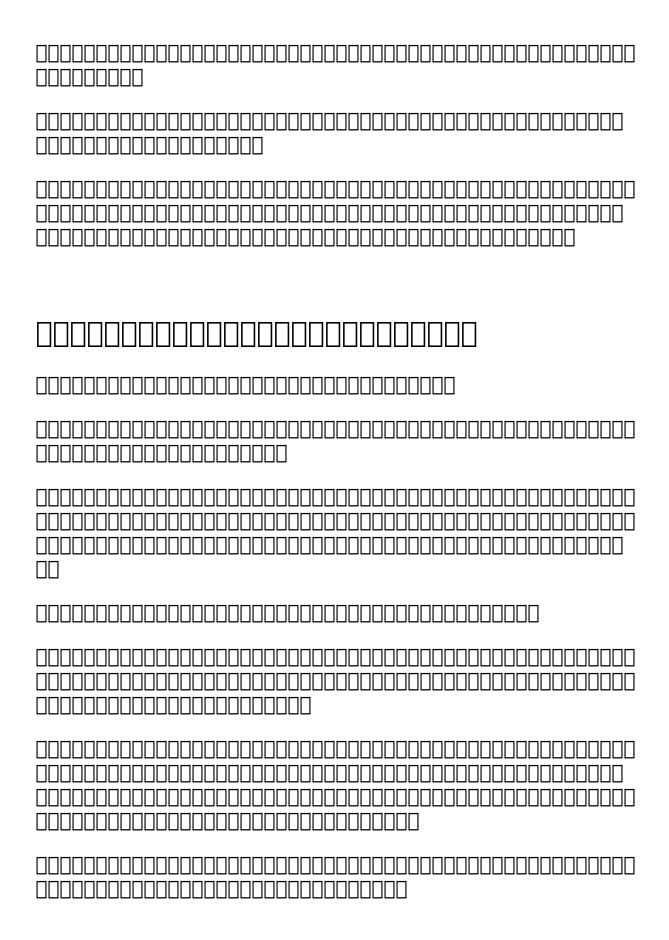


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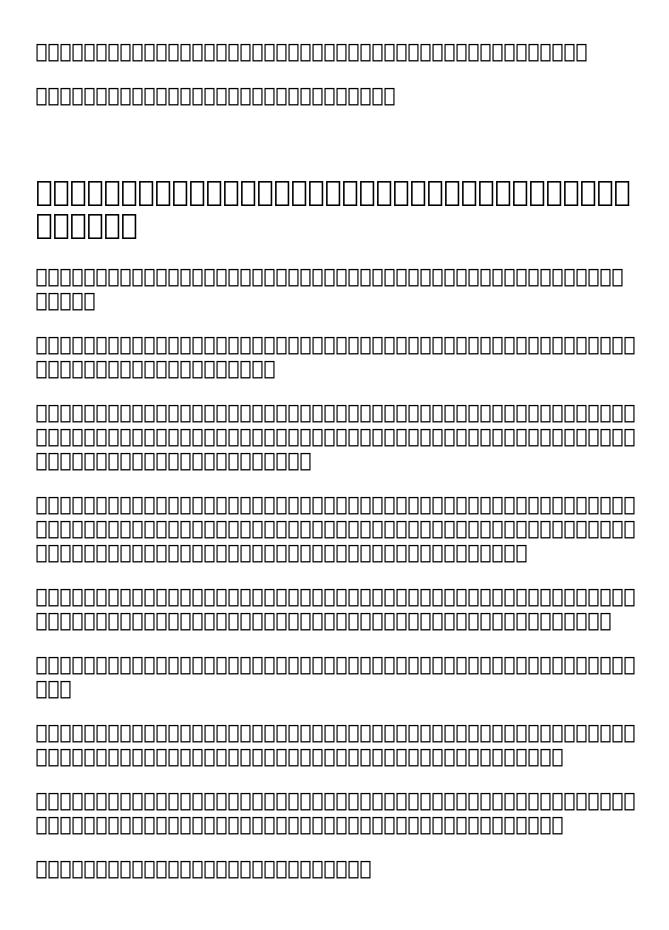


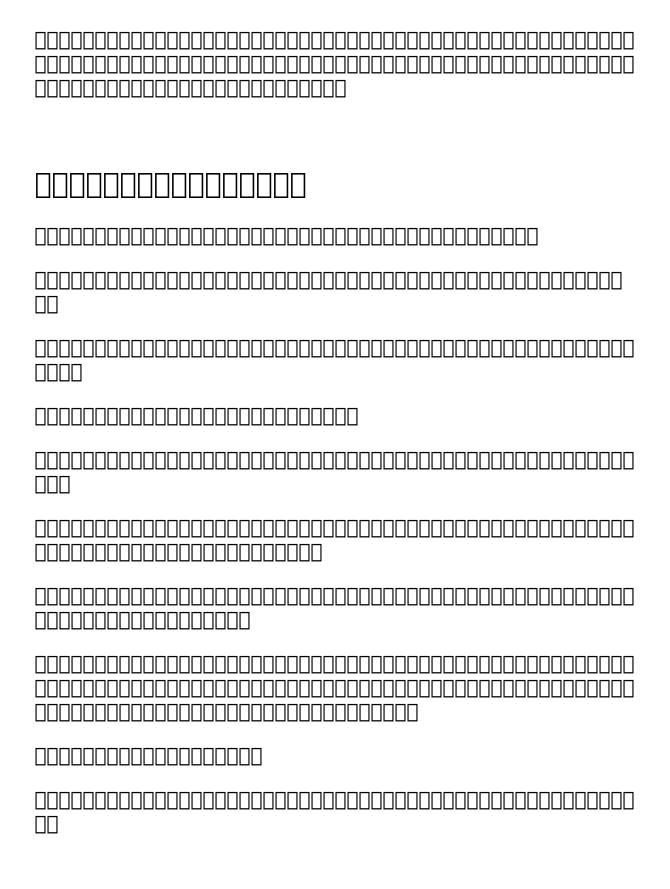
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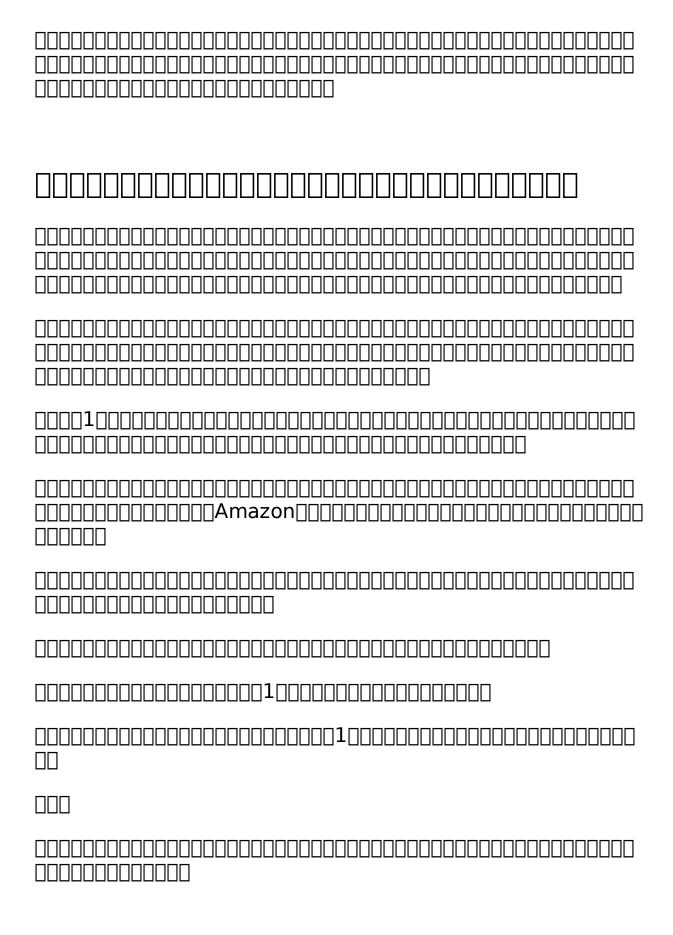
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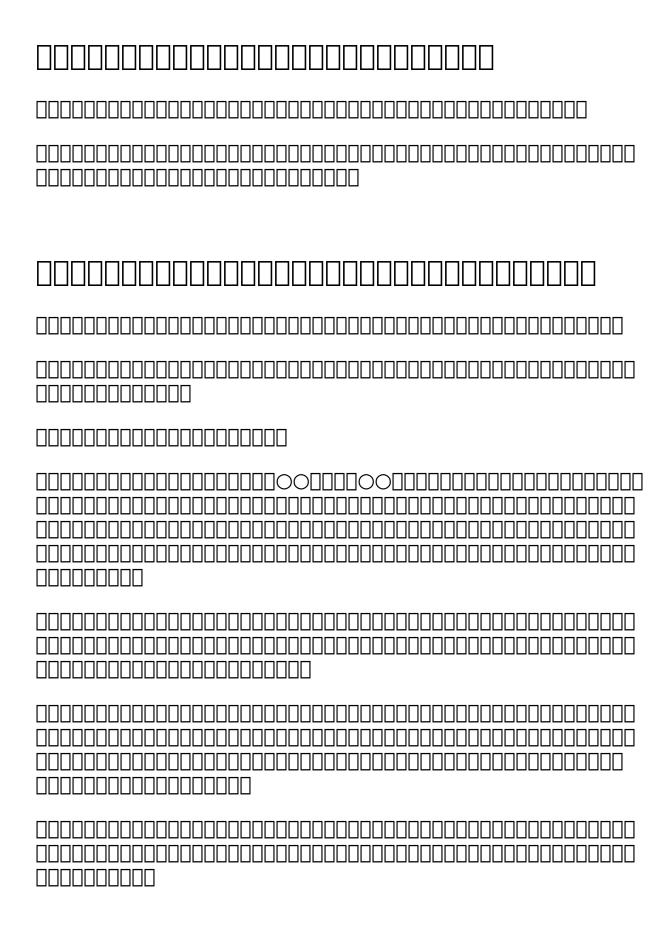
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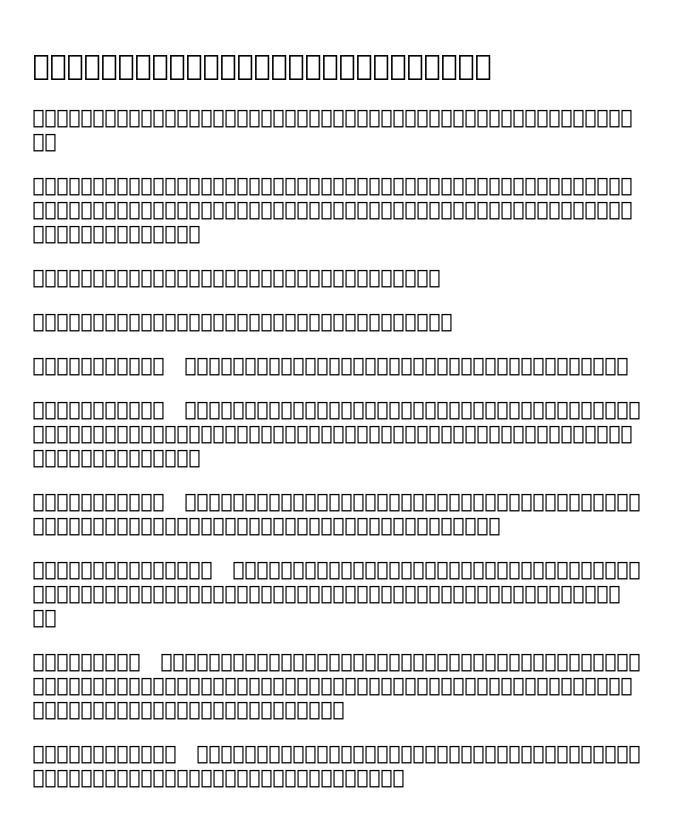


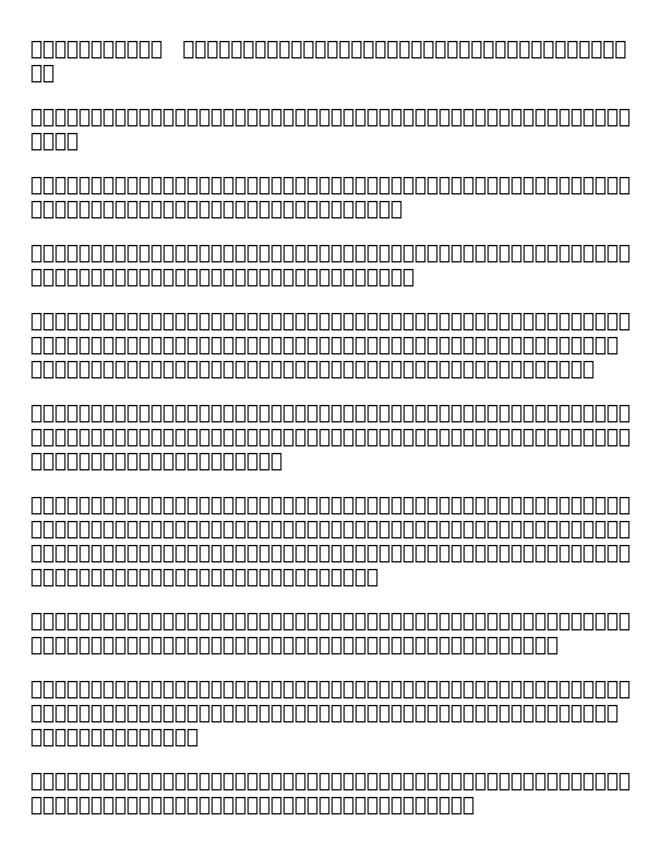


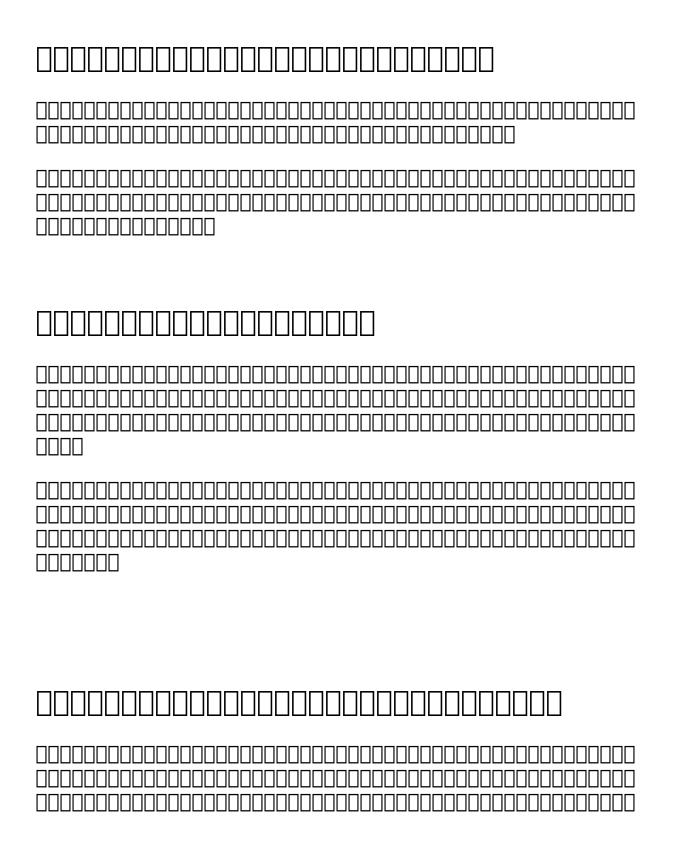


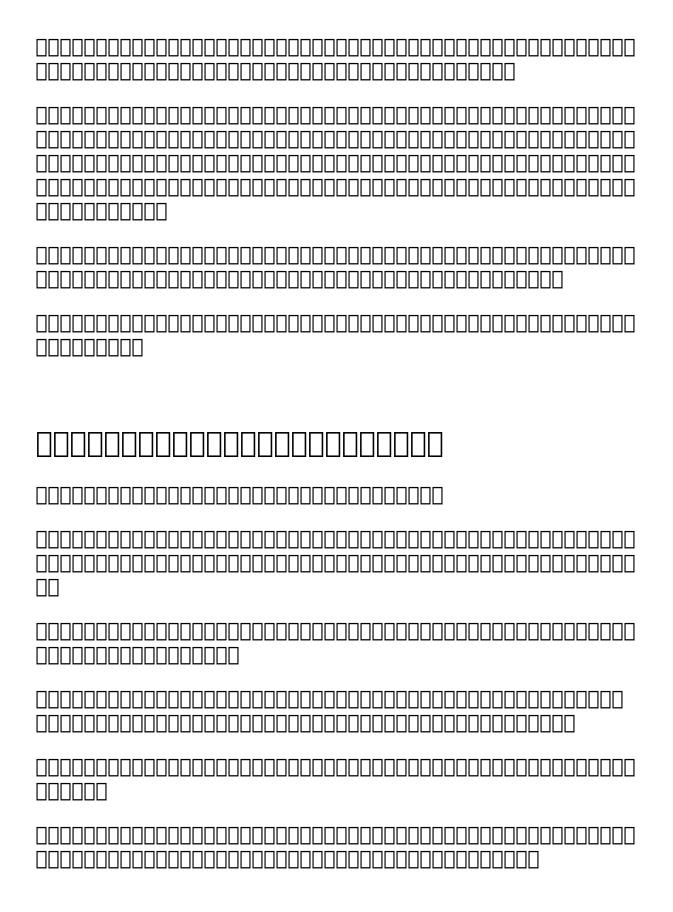
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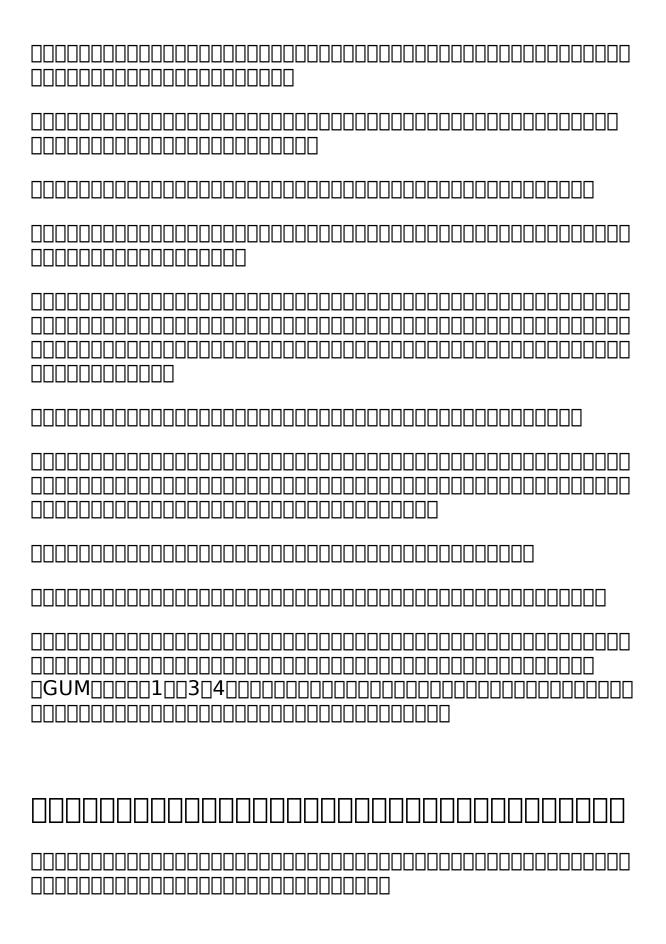


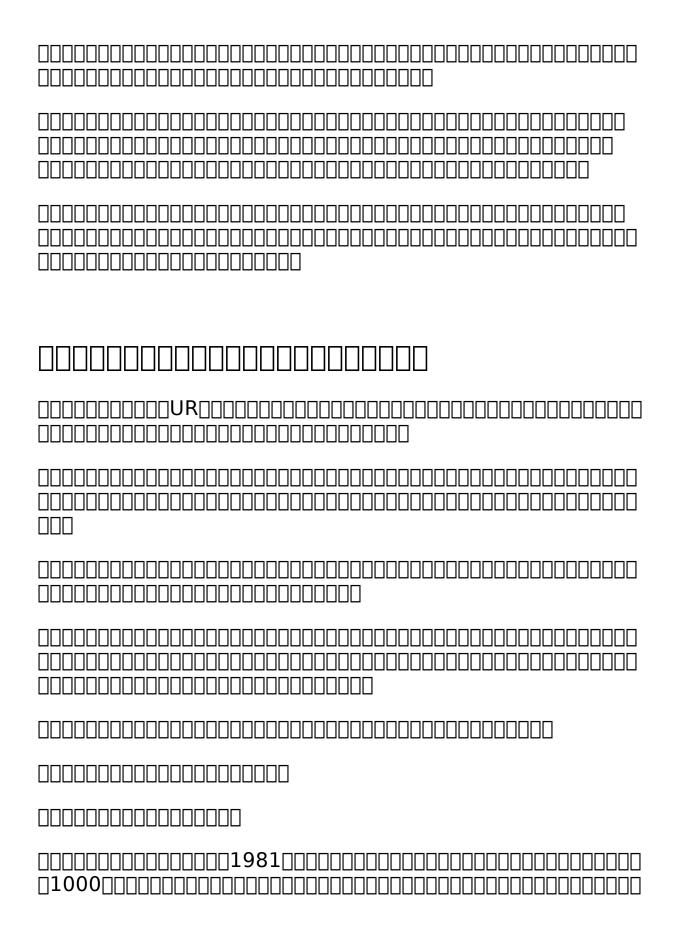


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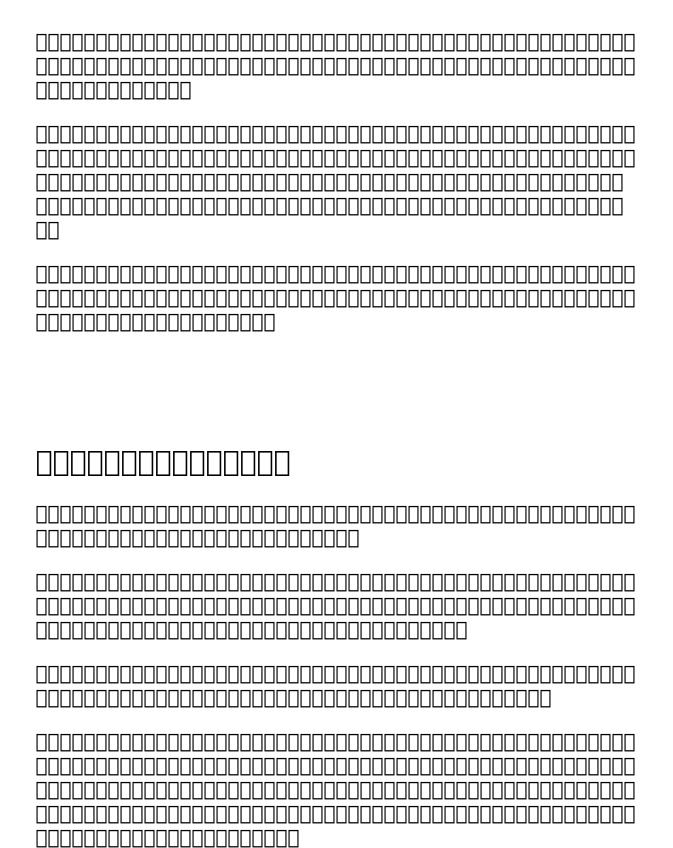
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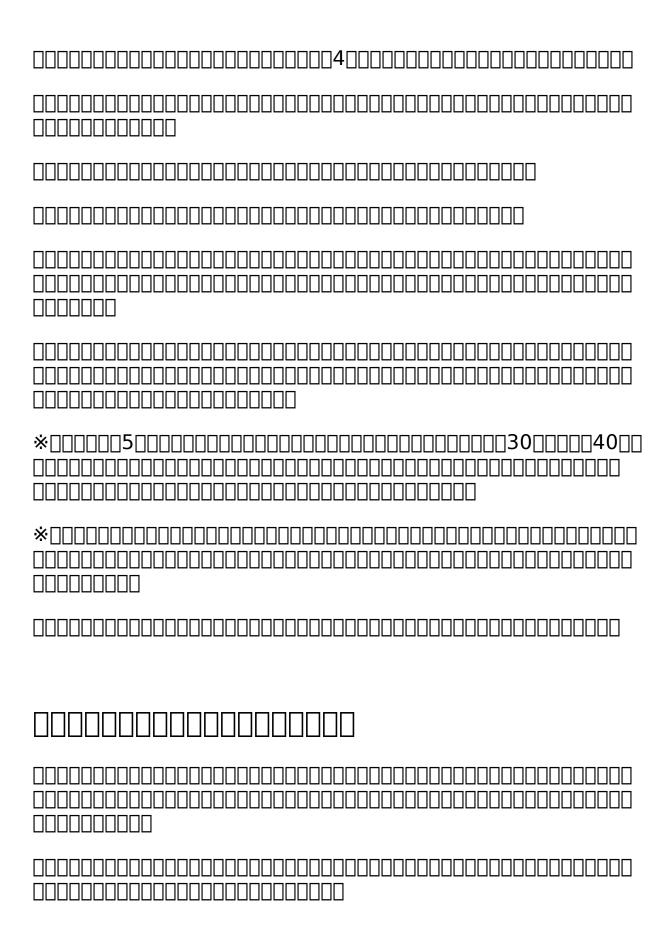
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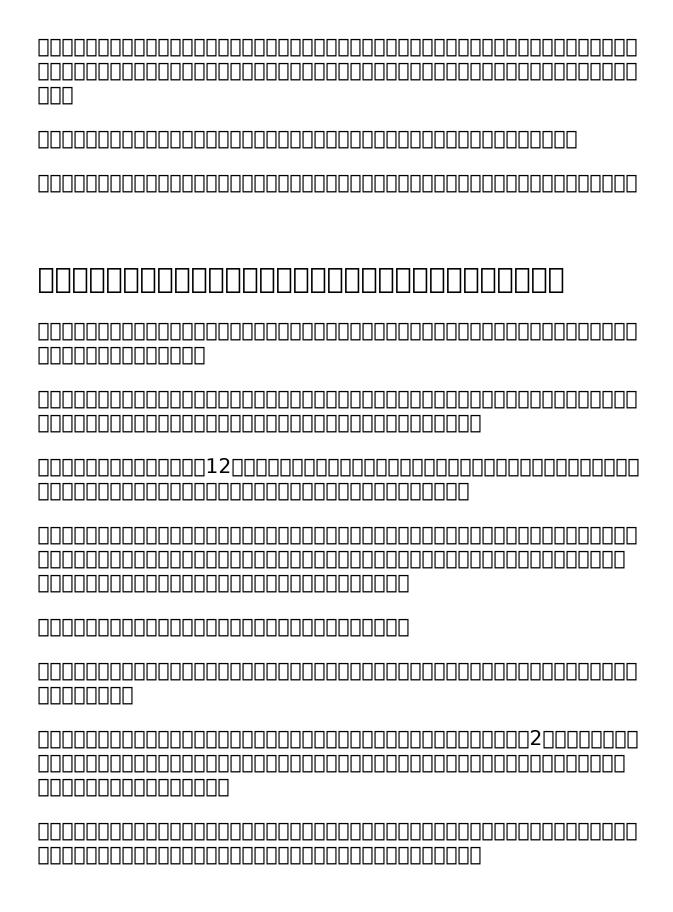
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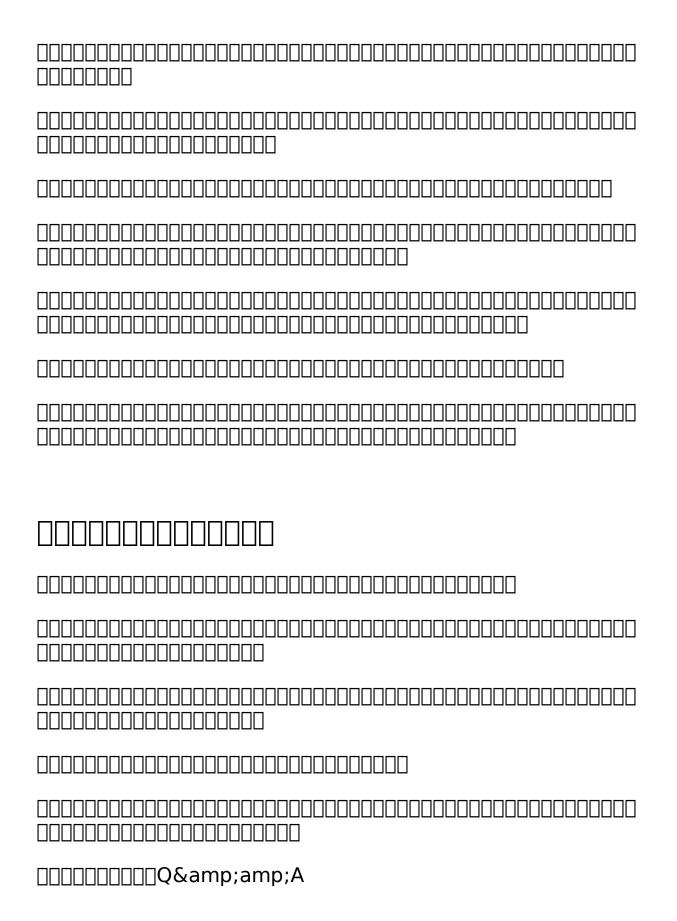
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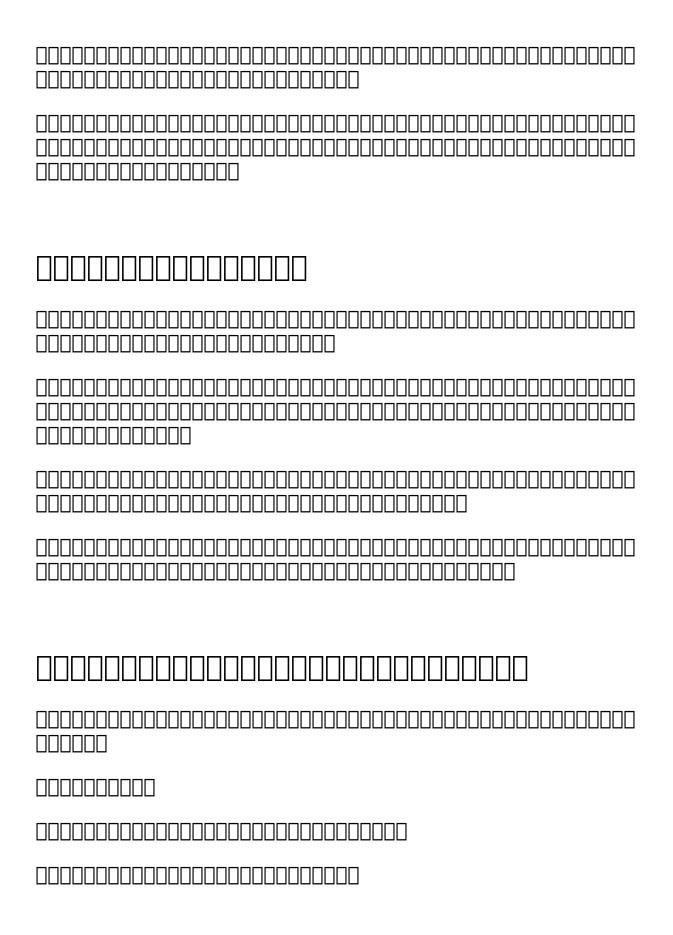




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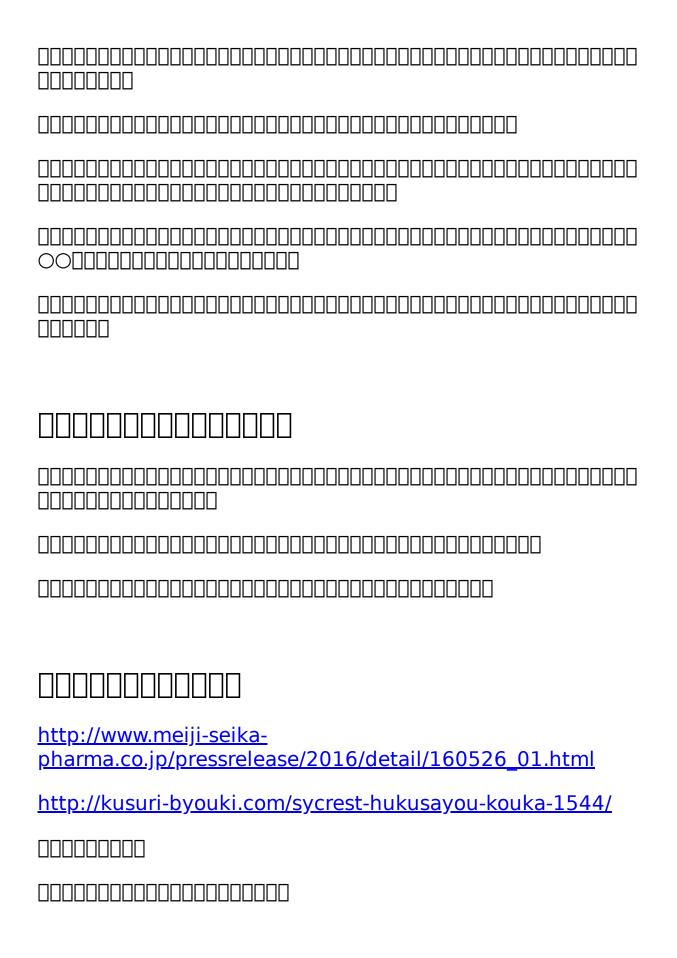
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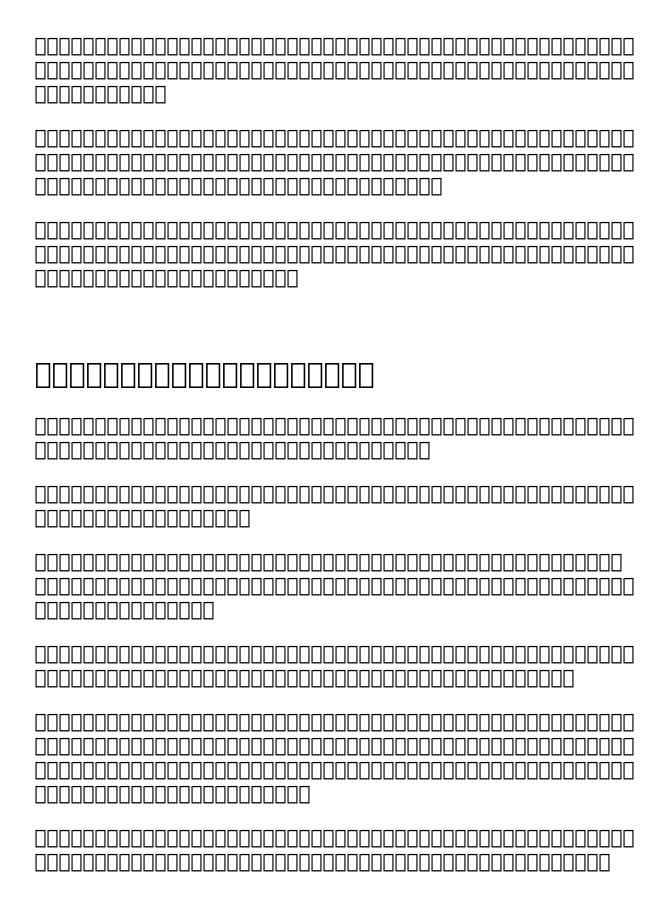
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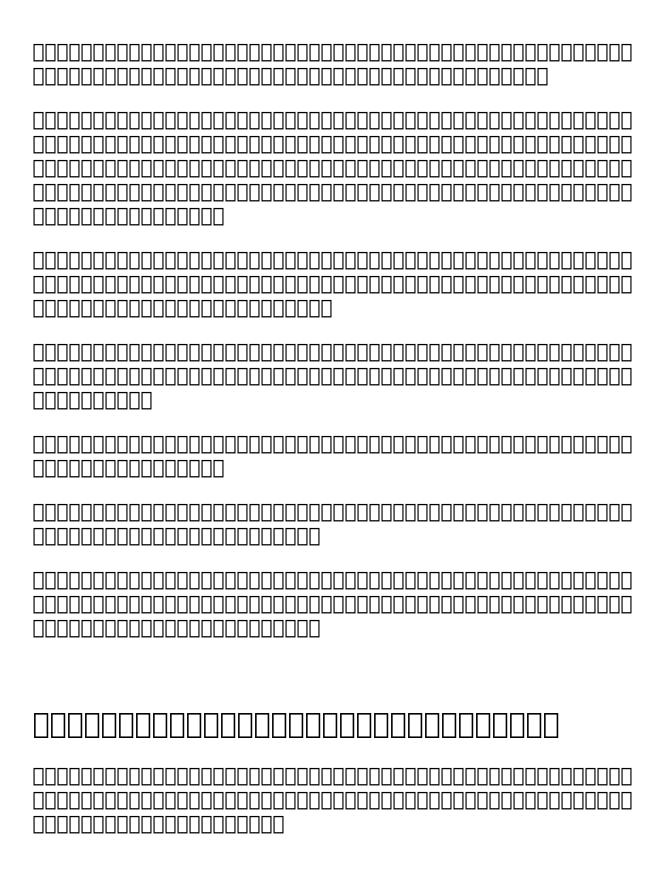
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Essay collection

Patient reveals schizophrenia

Revised edition

Myojin Pass

Nice to meet you

Nice to meet you, the following people.

☐ Schizophrenic patients

Onset at age 28. Mental Handicapped Health and Welfare Handbook 3rd grade (it seems that the grade is light because it is supposed to be working).

The positive symptoms were calmed down by medication, but the negative symptoms and cognitive dysfunction that appeared afterwards are now in a serious struggle.

☐ Male, graduated from the University of Tokyo Faculty of Letters, 50s, unable to marry.

☐ I was a company employee but retired and currently undergoing medical treatment. I had a good job at a former employer at first, but while working I became ill and continued to be hired. It was an IT-related company.

Main symptoms and disorders of schizophrenia: positive symptoms, negative symptoms, cognitive dysfunction, etc.

Schizophrenia is roughly divided into ☐ Positive symptoms Loss of normal judgment due to hallucinations and delusions. Become a snail. ☐ Negative symptoms Thinking and motivation are reduced, and people sleep and sleep only. Become Usunoro. ☐ Cognitive dysfunction The ability to recognize and memorize things and the ability to focus attention is reduced, and intelligence is reduced. Become stupid (premature dementia). There are three. In addition to this. ☐ Interpersonal tensions and avoidance symptoms I am lonely and alone, trying to avoid those tensions due to interpersonal tensions. ☐ Easy-to-fatigue symptoms I tend to get tired anyway, and my behavior does not last. Become hero hero. ☐ Tension symptom of errand If there is errand to be done, tension is continued until it is completed, and I cannot sleep. Day and night reversed life. I feel like that.

At first glance, the only famous thing is the positive symptom of the mussel, and it seems that the others are of little interest. Personally, positive symptoms have some degree of treatment, but negative symptoms and cognitive dysfunction greatly hinder rehabilitation of patients. There is no point, it is harmful, and it should be more socially taken up.

No effective medicine, no recovery ... negative symptoms and cognitive dysfunction

Schizophrenia is roughly divided into

☐ Positive symptoms Hallucinations, delusions make me sick
☐ Negative symptom Thought and motivation decrease, sleep becomes sleepy and just rests
☐ Cognitive dysfunction The ability to recognize and memorize things and the ability to focus attention declines and becomes stupid

There are three.

Of these, for positive symptoms that become sick, there are medicines that work well like Serenases and Rispadal for quite some time, and although the degree varies depending on the person, the symptoms seem to be well controlled.

However, for the remaining negative symptoms and cognitive dysfunction, there seems to be no silver bullet at this time.

Therefore, if these symptoms and disabilities appear, it is unavoidable to be cured, it is determined that it will be useless and it will be a human, and the life will be clogged up, the life will end, and the darkest life will wait Will be.

From the patient's standpoint, I would like you to develop effective medicines so that the rest of your life can be useful to society as much as possible.

Why can't schizophrenic patients work? Are they treated as disabled?

Why are schizophrenic patients treated as disabled or unable to work?

Patients with positive symptoms are considered disabled because of hearing loss and delusions, losing the normal judgment needed to live a social life. Anyone around you is watching, eavesdropping, or arguing that you are swearing, and you will be arbitrarily determined to be harmful from your surroundings because you take actions that cause disturbing surroundings one after another. Seems to be asked for.

Patients with a negative symptom lose their motivation and lack of motivation due to a decrease in their ability to think and motivate themselves, as well as the impetus to do things necessary to live a social life. Is considered to be For example, the energy and motivation to go to the company on a daily basis are not maintained, and the employees tend to take a break from the company and are considered to be unable to work, making it easier to follow the path of dismissal.

Patients with cognitive dysfunction lose their social usefulness due to impaired correct cognition of things and the ease with which they can remember what they need to live a social life. I can think. For example, at a company meeting, I couldn't remember anything to talk about on the spot, and I got stuck, repeatedly stopping the meeting, etc. It seems easy.

Patients also want to work and contribute to society, but their illness has turned their feet into luggage in society. That is troublesome.

Fat, fat, diabetes, side effects of drugs

Drugs used to treat schizophrenia, such as Zyprexa, seem to take their appetite unstoppable and eat endlessly, weighing 20kg at once, or appear to be the norm.

It is very disappointing to be regarded as an incontinent person, who does not want to manage their weight and physical condition, even though the patient does not want it.

If you just gain weight, you can still cause diabetes, and in addition to your core schizophrenia, you'll get worse.

Some drugs, like weight enhancers, do not gain much weight, but they increase blood sugar significantly. I was on the verge of diabetes and stopped using ABILIFY. Personally, it was a good medicine to bring energy and vitality.

Inside the room is a garbage house ... negative symptoms

If the negative symptoms of thought and motivation decrease, the will to clean up and clean up in the room, or to keep it clean, will be lost. It often happens.

It was troublesome to put away the garbage and take it to the garbage collection area, leave it for a week or nothing, and the pile of garbage piled up and the odor began to drift, and finally my heavy waist I feel like trying to raise it.

Dust and hair are scattered in the room, it becomes dirty and I think that it is troublesome, but I do not want to do anything, but I leave it alone and feel like living in garbage Become.

I can't take a bath or shower every day, I can't brush my teeth ... negative symptoms

As the negative symptoms of schizophrenia worsen and the thoughts, motivation, and morale decline, the person will not be able to maintain his / her own health and care. Washing your body and brushing your teeth can create a strange feeling of resistance and tension that makes you unwilling and unmotivated.

You have to concentrate on your body washing and brushing your teeth and work hard by moving your limbs. That's a lot

of power and you get tired not only physically but also psychologically.

As a result, it is not unusual for a person to be out of the bath or shower for more than a week, or to brush their teeth for almost a week and never finish.

Also, in the bath, it would be burdensome to fill the bath with water and wash the bathtub after taking a bath, so many patients may only need to shower in the middle of winter.

In this state, if you can do anything you need to go out, you will be determined to be mortal, showering and brushing your teeth, but you will still feel quite tired.

If you get on the train while breathing body odor or bad breath, or if you are talking to others with healthy people, you are under pressure in a psychologically bad sense because you are not prepared properly.

If you are under such pressure, a healthy person will preach to get in and polish, but a mix of lack of motivation and a sense of resistance that covers my body, and it is difficult to put in The current situation in terms of emotions is that we can not polish.

I think that going to the dentist will not continue because of the decrease in motivation, and the day when it will become the mouth and full dentures is near.

Reproductive function stops ... Side effects of drugs

Schizophrenia is affected by the side effects of medication, which has a major effect on reproductive-related human functions and makes life black out.

For example, I am taking a medicine called Invega, which is a modified version of Risperdal, but my positive symptoms are almost suppressed, my libido has completely diminished, and self-generation, which used to be like a proof of my own life, has been almost complete. No longer do (dogmatir seems to have no libido and can be like a saint orz).

Also, even if you try to ejaculate, the semen does not come out in the first place, or it comes out a little as a drip and eerie liquid and the semen does not fly at all. Erection to some extent, but not enough.

Invega seems to be in a state that menstruation will not come even for women.

When you stop taking the drug, the side effects seem to disappear, but the painful positive symptoms recur.

Is it best to change the medicine? Ejaculation and other medications like ABILIFY do not seem to be a problem (although ABILIFY seems to increase your risk of diabetes instead).

Problems with reproductive function mean that you will not be able to have your own children. I think that a great deal of human existence's significance lies in making its own offspring, so the inability to do so means that the patient's life is confined and ends, and I think it is a major problem.

Withdraw, avoid going out ... positive symptoms, negative symptoms

People with schizophrenia are more likely to be withdrawn and are less likely to go out.

One is a positive symptom. Everyone is eavesdropping inside your room from outside and feels like a stalker. It becomes.

The other is a negative symptom, in which you do not have enough energy to go out of yourself, and feel tired and lie down in the room.

In addition, when you go outside and enter the crowd, you may be tired and come mentally. Anyway, when you go outside, some kind of personal negotiations become mandatory, so you may be reluctant to go out.

It is easy to get tired, can not respond, becomes unresponsive "stone that can not talk" ... easy fatigue symptoms

Schizophrenia makes you tired of doing anything. I think you can say "easy fatigue symptoms".

Everything is so big that you get tired quickly and your motivation and energy to do it quickly fade away. At the end of the day, there is no power to respond to calls.

At first, they may be behaving energetic, but quickly become unable to respond to others and become stuck like a

stone.

At first, the voices of people around you can jump in in an understandable way, but the return to it hardens in your head, becomes white, and you can not return anything.

Eventually, you will fall into the illusion of listening to the Buddha unilaterally. I realize that it has become a "stone that cannot be spoken" and feel very depressed.

I'm tired of going out and moving, and I'm full of the mood to lie on my futon all day.

Being nervous in interpersonal relationships, avoiding interpersonal relationships, being unable to build interpersonal relationships, becoming "lonely", scared of meeting people

In schizophrenia, interpersonal relationships are tense and can be perceived as an object of fear.

You lose all your psychological leeway to read and write with your partner, and you want to avoid talking and meeting if possible. I'm afraid to meet and talk to people.

It may come from the painful experience of a positive condition, but this has been the case before the author and schizophrenia. I still feel sorry that my relatives were afraid to go to the ceremony hall because of a wedding on a sunny stage, and all of them were absent. These symptoms can be called "interpersonal tension symptoms," "interpersonal fear symptoms," and "interpersonal avoidance symptoms."

In such a way, it is possible to avoid interpersonal relations, so that interpersonal relations cannot be established, friends and lovers cannot be satisfied, and they fall into a "communication disorder" state where they become "lonely".

So, if you don't want to talk to anyone, you don't, and you have a lot of topics you want to shake. However, when I actually shake it at the other end, I feel that I often feel very reluctant to go silently and pass by. Interpersonal negotiations with opponents themselves are burdensome. You will be able to use an anonymous bulletin board where you can easily talk without having to negotiate directly with others.

After that, if you have cognitive dysfunction, you may not be able to remember the content you talked about at all, and you may receive a phone call from the other party later and say, "What was that time?" Not being able to respond decently to anything can cause anger at the other person, and is prone to trauma. Speaking with people and avoiding interpersonal relationships are also factors. To avoid this, you need to carry around the note paper constantly and write down what you listen to immediately, which can be very tiring.

I can't remember things, can't remember, distracts my attention and concentration ... cognitive impairment

If you have symptoms of cognitive dysfunction in schizophrenia, you will not be able to remember or

remember things well.

It is impossible to memorize what was written on the slides or paper materials in the case of the writer or memorize them and start again without the slides or papers.

The moment you take your eyes off the slides and paper notes, the thing that should be remembered is that it sinks deep into your head, the inside of your head becomes pure white, surrounded by white walls as if nothing is written on it In that case, you spend your time desperately and wastefully without thinking of anything.

Of course, no matter what you ask, you don't remember anything and can only give a simple answer, which can anger your opponent.

It's hard to work because of this. There is a way to write in a notepad, but in practice, writing is so tired that you are under pressure, and often you just create unreadable strings later.

Also, the attention is distracted, or the attention is deviated from the target that should be focused on, and one after another associatively thinks that it is not relevant. At a meeting or the like, one person's thoughts shift from the surroundings, and a decent conversation is not established, and the other party gets angry.

Once you have these symptoms of cognitive dysfunction, no matter how good you have a good educational background, it doesn't help. It becomes a meaningless decoration. On the contrary, they are often misunderstood as competent and have a hard time.

Get nervous about things. I can't sleep all the time. Day and night in a reversed life. ... Tension symptoms

Schizophrenic patients are nervous about things, not just interpersonal relationships. I think we can say "tensive symptoms".

If you have an errand that you need to end, you will be absorbed in it, and you will be nervous until it ends, you will not be able to sleep, you will have an obsessive tendency to end up desperately.

If you have a large amount of work, such as building a system on a purchased PC, or working on a bug that can't be cleared up for a long time, you won't be able to rest for a long time or sleep.

I can work well, but I do not get sleep, or my sleep time is significantly different, so I am apt to fall into a day-night reversal life. Due to the lack of attendance, only the lowest rank can be evaluated, even if the work is successful. It is mortifying.

In the case of the writer, taking a stress reliever such as diazepam or a sleep inducer such as Slowheim relieves the tension to a certain extent and often makes you sleep soundly. If your mind is clear, the medicine may not work. It depends on the situation at that time.

After that, on the Internet bulletin board and Twitter, the task of searching for and browsing new remarks of the thread you are watching one after another will not stop at all as long as new remarks of other people on the Internet

continue to occur, Mechanically, checking new remarks endlessly and endlessly continues until dawn.

So, you can solve the source of tension and relax yourself, and you will fall asleep and sleep for about 12 hours. Is that different from insomnia where you can't sleep at all?

I'm coming back thinking that I have a troublesome nature orz

Feel like your thoughts are being leaked to a third party, feel like being ordered by the inner voice of others ... Positive symptoms

In a recent anime, there was a story about a heroine (Mr. Kotoura) who could read other people's thoughts and caused problems.

The positive symptom of schizophrenia, on the other hand, is that one's thoughts are leaked out to a third party, and are spilled out (likely felt by the patient). Is it thought propagation?

You completely lose your thinking privacy. Even if you think of a naughty thing, it feels like it leaks out, so it's very troublesome.

For example, you may feel that communication with others is completely possible with dedication without having to talk directly to the other person.

This is based on the patient's perception of what they say in their minds that they are hearing from others in the form of words, giving them some unintended answer.

There is a sense that one's thoughts are transmitted to others who should not be talking to them, and that others respond with something meaningful in their inner voice. I think you can call it a simulated inner voice conversation.

Because the patient seems to be able to read the inner voice of another person, it is in a position similar to the abovementioned anime heroine that can read the thoughts of other people.

Then, the troublesome thing is that from the other person (where you feel that your thoughts leaked), you are stupid, you are sick, you die, and you have to jump down to the platform of the station early, you are scolded from OO You can (it will die if a train comes in) "" You should call xx as soon as possible (the other xx should be sleeping deeply in the middle of the night, and it will be very annoying if you call it) It feels like there are only negative negative reactions that aren't terrible. "

This greatly hurts the patient psychologically. Patients gradually lose insanity. In fact, they act according to the pressure and instructions of the inner voice that seem to be applied by others.

In the case of us, in the middle of the night, according to his inner voice, he actually made an indistinguishable call to a person with an important relationship, and was very angry the next day and was cut off. I'm still a trauma. I am full of feelings that I am sorry for the other person.

By the way, Mr. XX, who is the subject of the pseudo-inner voice conversation, is a person who is under some pressure

for the patient himself.

The reaction is that even on a train where people unrelated to you should come exclusively, in the form of an inner voice that does not actually speak, passengers around you talk something about the patient in the form of a secret mouth. It feels like coming.

In the case of the writer, repeated negative orders from other people's inner voices caused me to lose myself completely, without contacting the company, and being dominated by other people's inner voices heard from the surroundings for one or two days, I almost never sleep, I changed the train without a hitch and returned to the dormitory of my company, where I was caught by my boss, taken to the hospital, where I was to be examined. I thought from my inner voice that I heard that I would die if I was inspected, so I went on a rampage on the spot, was squeezed by my parents who rushed, was put on a taxi, and I stayed at home It's like being confined to

While riding a taxi on the highway, you can hear a voice saying `` If you do not jump off from the taxi, you will die '', or when you return to your parents' house you will hear a voice saying `` Mother will come to kill you '', myself I couldn't refuse those voices, and every time I got into a mess. My parents forced me to take the medicine of Serenais (I heard "I will die when I drink it", but I ended up drinking it). . Instead, she became tired and began to develop negative symptoms, which were all around the day.

Privacy leak sensation, mass eavesdropping, stalking sensation,

heart-throbbing pseudo-dialogue ... positive symptoms

Positive symptoms of schizophrenia often cause the patient's own sense of privacy omission, typified by mass eavesdropping and stalking.

There is a feeling that the people around you know and know everything inside you from the hearts of your heart, and that you are getting deeper into your privacy.

In a company, to a person in a department separated from the department where you are, someone in your department reveals your privacy, and says, "Is he thinking about such a bad thing?" And it spreads to other departments, causing the patient to feel as if a chain of events had occurred, and in the end, no one else in the company knew (in a bad sense)) You will feel like you're a celebrity.

Everyone you meet feels like you're rumoring or doing bad reviews, and coming in and out of the company is under pressure.

Or, when you enter a store such as a convenience store with hallucinations, the incoming radio broadcasts will reveal what you have been taking, and if possible, want to keep hidden, like a loudspeaker, For the patient himself, he feels like a loud secret can be found inside the store.

This symptom is characterized by the fact that someone who is not actually interacting with them gets their privacy in a flash and is exposed and amused around them in the form of shouting. It can be said that. Is it possible to call this a simulated dialogue?

Pre-illness characteristics of schizophrenia patients

The pre-illness features of schizophrenia patients
-Extremely weak in exercise.

The body is too thin, like sprouts.

I am not good at interpersonal relationships. I tend to be nervous in interpersonal relationships. Shy and shy. Push is weak. Introverted, tend to be alone.

Think from one thing to the next that there aren't many people's ideas.

Although people are generous, they lack the ability to execute and tend to rely on others. quiet.

Is it around?

Sensitive relationship delusion ... positive symptoms

In the case of schizophrenia, patients tend to perceive everything that is related to them, even if things around them are actually moving independently.

When the high school girl laughs on the train, the patient is laughed at as if she was laughing at her, thinking she had something wrong and thinking she was depressed. I think that music or noise that leaks from PC speakers sounds like the voice of someone else who is rumoring about you, and you may be wary.

Unrelated conversations around the company, which are irrelevant, are linked to you and heard, and you feel as if you are talking about yourself.

I think there is a tendency to become very sensitive to things, such as noises and human voices, and to try to relate to oneself.

And schizophrenia, endlessly more and more floats without thinking ... native thought

One of the symptoms of schizophrenia patients is that they have a lot of difficulties because they have a lot of ideas from one to the next. It seems that some people say native thinking. My thoughts come out and I can't sleep.

In the case of the writer, it often happens that thoughts of contents that are not related to the topic come up one after another during a meeting at the company and the thoughts are derailed steadily alone. Even just before going to sleep, my thoughts often float in the form of potatoes one after another, making me unable to sleep.

At one point in time, I had to write down the ideas that came up in my notebook, thinking that something might be meaningful and trying hard.

However, even if they tried them out and published them on a website or e-book, few people came to see them. The contents were strangely complicated, their habits were too rambling, and their perspectives were strangely biased and uninteresting.

Now, I'm thinking about how to suppress the meaningless ideas that come to my mind, but I can't think of anything good.

A lonely person ... an isolated selfpromotion, self-appealing schizophrenic patient

Schizophrenic patients tend to be more self-evident by nature, preferring to assert their views.

It is an anonymous, anonymous main bulletin board related to schizophrenia-related thread, and I think that it seems that the patient seems to be writing using a fixed handle name, which is quite noticeable.

The problem is that despite the strong desire for selfdevelopment and self-promotion, people are not good at building interpersonal relationships that are essential for interpersonal appeal, and tend to be isolated from others.

In the end, people tend to bark on personal blogs and anonymous bulletin boards without any effective appeal or advertising. I think it's easy to be a lonely person.

As a result, I do not seem to be able to reflect my assertions towards society in a way that specifically moves people. I

think it is up to the patient how to use human power.

Pros and cons of schizophrenia patients with children, marriage and parenting

I am also a schizophrenic patient, but I would like to get married and have children if possible.

However, recently, people have come to think whether it is better to stop.

The reason was that I saw a thread on a mental healthrelated thread on an anonymous Internet bulletin board titled "Parents are Schizophrenia (Schizophrenia)".

It spelled a parade of grudges and grudges against parents who paranoid, rampage, or vocalize for unknown purposes.

At first glance, it seems that positive symptoms are the main stress for children.

However, there are cases of parents who are bedridden and unable to move due to severe negative symptoms, and it seems that it is sometimes difficult to take care of them.

Cognitive dysfunction seems to be indistinguishable from dementia.

For children, parents of patients with schizophrenia seem to be a significant burden and annoyance.

By this point, it is an idea to live while bothering the children, but I am shaking under the two ideas that I want to

leave my descendants as a kind of living thing.

Another problem is the inheritance of schizophrenia in children.

Schizophrenia seems to have a strong genetic component to some extent. If your parents have schizophrenia, your children may be prone to schizophrenia.

What if my beloved child is affected by schizophrenia that my parents are suffering from? At present, it is a chronic disease that cannot be completely cured, so if you think about it, you will be hesitant about marriage. Or rather, while hesitating, the marriageable age has passed.

Also, depending on the medicine, semen may not come out or menstruation may not come, and in the first place the reproductive function will be stopped and it will not work properly. In this case, the child can't make it in the first place even if he wants to make it.

Also, even if you have children, you may not be able to raise children well.

If you have positive symptoms, the patient himself will be chased by hallucinations, delusions, and the voice of the inner command, and will not be able to raise children.

Also, if you have negative symptoms, you will be at your best just sleeping and sleeping, your thinking ability required for child care will decrease, your willingness to parenting will not be heated enough, and the engine for child education will not be started Leaving the child aside, the parents themselves may be gurgling in the futon, and raising children may not be successful.

In addition, when cognitive dysfunction occurs, the transmission of knowledge and various know-how to the child cannot be reminded of the knowledge and know-how well, and the child cannot communicate well or lacks concentration. Because of this, the child's attention may be distracted or neglected, and it may not be possible to raise children well.

After all, these symptoms must be resolved before patients can raise children properly.

I think that good medicine will come out soon and I can't enjoy the late youth and child care, but what about the future?

Oh, I didn't get sick orz

Effects of cognitive dysfunction in schizophrenia on reading and web browsing, and the burden of taking notes

If you have cognitive dysfunction due to schizophrenia, books and other content will not fit in your head. You can read each character, but it is difficult to understand what you are saying as a sentence.

Also, if you have cognitive dysfunction, the contents of a book you read will settle on the bottom of your head and will not come out and you will not be able to remember it at all. Even if you try to recall, it's just a blank, empty space in your head.

As a result, I almost never read a book after I realized that cognitive dysfunction was widespread in myself. I feel like reading it doesn't get into my head, it doesn't come out of my head, and it's useless.

This is not only academic books, but also comics. Even if you pull a comic that you read recently from the bookshelf, you can not remember what was written, and as you open the page and read it again, the contents you read once more gradually become reminiscent It is like that.

Reading has become inefficient and unusable for schizophrenic patients, both in terms of information storage and information recall.

However, if you do not read more and more, useful knowledge of social life will not come easily and it will be a problem. Even if you read and gain useful knowledge, you can't do anything if you sink into the bottom of your head and can't use it.

These symptoms also occur when browsing the web. It often happens that you can hardly remember how to write Excel statistical graphs or the contents of pages that you have seen in detail once.

There may be talks about taking notes when you read them, but it's the same because the content of the notes you take doesn't sink into the bottom of your head and come out.

I'm jealous of healthy people who can remember the contents of reading in the sky. I feel a huge difference in ability and I realize that I am disabled.

Jobs that can be done by schizophrenic patients, continued jobs, tips for continued work

What kind of work can schizophrenic patients do and what can they do?

☐ A job that requires little interaction with people. A job that does not require intense communication, and is crisp. The work of the machine partner. Schizophrenic patients are afraid of social affairs and are not good at socializing. The emphasis on group interaction is pressure on patients. I'm glad that they leave it alone. I think that it is suitable for delivery work that does not require meeting with people, computer programming that can be immersed in computer operation, and system maintenance.

☐ The content of the work is not required to directly pull out the know-how accumulated in my head from a place where there is no clue, while turning and checking a thin figured manual written on paper each time Work to be advanced. When schizophrenia patients suffer from cognitive dysfunction, they are not good at performing whole memorization and recreating memories and their contents from nothing. If you can use notes and clues to remember, you will be able to demonstrate your ability. Alternatively, you can add, modify, and increase the content of the document while viewing the document file with a word processor. However, when the amount of documents becomes large and many page turns are needed, the contents of the page that you have watched disappear from your mind, you can not remember, and you can not edit well.

☐ Work that can be done even if the contents of the work are empty and empty. Schizophrenic patients are more likely to become blank and hollow in their heads due to memory deficits, and cannot remember anything. I think that simple and routine work that can handle such a situation is suitable.
☐ A job where the content of the job can be done waiting for instructions. Because schizophrenia patients have nothing left in their heads, it is difficult for them to come up with a job and work independently without receiving instructions. I think that it is suitable for work that can be done while receiving instructions from other people on the spot.
☐ A job that does not require full-power physical activity throughout the day when you get up and you can take a break each time if you get tired. A job where you can't blame that. Schizophrenic patients are prone to fatigue. I want to sleep soon. I don't want to go anywhere. I think that it is good to exclude the rest time from the work time count and connect the actual work time to make the actual work time of the patient.
-The job content is not a regular eight-hour job or a job with overtime, but a job that allows for no overtime or reduced working hours to shorten working hours. Patients with schizophrenia tend to sleep 10 hours or 12 hours long, tend to be long sleepers, and when they work and go to bed, they get up the next morning at the time when a normal person

-Jobs whose contents do not require strict on-time performance. Schizophrenic patients become tired, become sleepy for 12 hours when sleeping, and do not stop even

wakes up. After a while, you can finally get up. Isn't it possible to work around 10 hours at 10 o'clock in the

morning and leave at 5 o'clock in the evening?

after the overflowing ingenious thoughts at bedtime, they stay up all night, You can't manage your rhythm of life and the time you get up and down, like getting sleepy guickly. I think flex-time work and an annual salary system with no restrictions on working hours are suitable. ☐ A job that does not require you to go out, get crowded, or increase interpersonal negotiations. People with schizophrenia are often reluctant to go out, lack the power and driving power to go out, and often want to have a job done in their room. You can write on the bulletin board like 2ch on the net, so I think it would be nice if there was a job similar to that. Isn't schizophrenia intended for telecommuting, which doesn't require office visits? A job where the content of the work is released from the tension after the tension has been maintained for a long time, and the work can be rested together to a certain extent. Isn't it a good place to watch and keep watch over tensions? ☐ Work that is required to freely submit various miscellaneous ideas. Schizophrenic patients sometimes have a lot of miscellaneous ideas crossing their heads, so it would be useful to have a list of them and a mechanism to get them to work. On the other hand, when you do not come out, your head is empty, so it is necessary to not force yourself. ☐ Schizophrenic patients are not good at approaching themselves and talking about problems they are having trouble with, or because they are not good at interpersonal push, so if they can hear and follow from around, it will help them to work. Is not it.

If this enumeration, work to fit to the patient, it is quite hard to find. I think it will not work.

Schizophrenia ... really bad, what are the socially harmful symptoms?

Often, schizophrenia is ridiculous because it makes you mad.

Certainly, when mad = positive symptoms roll out, they are often psychologically upset and often do dangerous things to themselves and others.

However, as a matter of fact, I think that the terrible thing is really negative symptoms and cognitive dysfunction.

Positive symptoms can be reduced to some extent by taking drugs. In short, it is cured.

However, negative symptoms and cognitive dysfunction are currently equivalent to no effective treatment. It will continue without healing. In addition, it is the number one among the poor in that it has the effect of depriving patients of their ability to live, impeding their independence, and being decommissioned.

The schema of schizophrenia = madness has been completely socially completed, and in fact, it is a problem that even more socially harmful negative symptoms and cognitive dysfunction do not come up for improvement activities at all.

Should we shed more light on the negative symptoms of schizophrenia and cognitive dysfunction, which are not well

Schizophrenia-no knowledge

If you try to take a person with a positive schizophrenia symptom to the hospital, you will often encounter a furious rejection saying, "I am not sick! Don't do anything extra!" it seems like.

I didn't have any insight when the positive symptoms appeared. I felt a sense of discomfort as if something had been attached to the back of my head, and I firmly believed that someone had embedded in my head an eavesdropping device that sends out something inside my head to the outside. did. I never thought that the feeling that my thoughts leaked out was due to illness.

After that, the inner voice that sounds in my head and sounds to give me the compulsory command and instructions, when my parents tried to give me a psychotic drug, `` When I drink it, You're going to die! ", And as a result, I think I haven't taken any medicine for a long time. In the end, my parents were persistently pressed and managed to take the drug, but I felt that there was still a lot of resistance to taking the drug.

As a result of taking medicine (Serenase), I gradually became more informed. My sense of leaking my inner voice and thinking of myself gradually became weaker and less frequent. He gradually realized that his inner voice and feeling of leakage were due to illness.

I didn't even notice the negative symptoms. People around you say, "I'm just talking about my phone, but I'm not

willing to talk to me, I'm just going to hit each other without motivation," or "I'm always sleeping."

In the case of the author, cognitive dysfunction did not even realize that he had such a disability until he saw the presence of the symptoms in books.

Actually, when writing the source code of software, etc., when I can not remember the function name that I supposed to define at all, rewind the source code and come to the place of the self-defined function name, I was doing endless things like copying and pasting the function name, taking it to the other necessary place and copying it. Obviously, it was hard to say normality, but I realized that my condition was strange, but I didn't realize it until recently as a illness, a symptom of schizophrenia.

I noticed that I was looking for books on schizophrenia on the Amazon and by accident I found a book on cognitive dysfunction.

By the way, other colleagues seemed to memorize function names and memorize them.

Schizophrenia: The correct disease name cannot be conveyed to the patient

When I was first diagnosed with this disease at a hospital, the name of the disease was "psychogenic reaction".

Thanks to this, I thought for a while that my illness was some sort of nervous mental illness, not related to

schizophrenia, which is famous for psychosis.

However, one day later, when I bought and read a new book called "Mental Illness" written by a person named Yoshika Kasahara, I noticed that the symptoms were very similar to my own.

When I told that to a doctor at the hospital I was attending at that time (the first hospital was a different hospital because of work transfer), "No way. You're a schizophrenia. No, it's a kind of neurosis."

Further later, at a notice in the hospital, I knew about the Health and Welfare Handbook for the Mentally Handicapped and asked my doctor if she was eligible. I asked him to get a medical certificate, and he wrote a medical certificate. When he read it, he clearly stated "schizophrenia" in the name of the disease. I remember being quite shocked.

Apparently, in Japan, patients with schizophrenia tend not to give the correct disease name or give a slightly lighter disease name.

I feel that schizophrenia is a shocking disease not only for the patients themselves, but also for the people of Japanese society.

Schizophrenia and Mental Handicapped Health and Welfare Handbook

Patients with schizophrenia can receive a Mental Handicapped Health and Welfare Handbook from the local

government. I have to apply for it.

You will need a doctor's certificate to apply. According to the severity of the symptoms, it seems to be graded from 1st to 3rd grade. Since I am working, my illness is light and I am treated as grade 3.

By obtaining a personal organizer, you will be able to receive some welfare services. For example, wherever I live, getting on a local bus is free. This is a very thankful service, as going out of your home can be very tedious and tiring if you get sick.

However, issuing a personal organizer also means that you have become a mentally disabled person. I think schizophrenia is a socially prejudiced disease, so obtaining a notebook and certifying yourself as a mentally ill is stigmatized socially and requires some courage and preparedness. Become.

In the case of the writer, when I told my parents that I wanted to get a notebook, I was opposed furiously. Parents do not want to allow their children to be treated as mentally ill. After all, I got a notebook.

In the past, schizophrenia was a disease that had to be sent to a gas chamber, like under the Nazi Germany. History is repetitive, so I don't know when those measures will be repeated again. I think that accepting the personal organizer and officially acknowledging that you are a mentally ill person means taking on such risks yourself.

He is not good at building friendships and is passive in friendships. Push is weak. They tend to be alone and isolated.

Are there many schizophrenia patients who are not good at building new human and friendships by themselves?

In the first place, in interpersonal relationships, people tend to be nervous, tend to avoid, are weak in pushing, do not ask others for things, or continue to miss the opportunity to interact with others, so it is often difficult to make friends from themselves I think it is. I think it's a temperament that tends to be alone and isolated.

Speaking of the few friends I have made so far, the writer is actively exploring whether there is any commonality with his hobbies by putting out a help boat in a place where he is isolated from himself. As a result, most of them are found and become friends, and there are few examples of friendship from the author. I have always been waiting.

Also, I tend to be nervous and nervous in my first interpersonal relationship, tend to become unstable in my head and try to talk strange strange things to my opponent, so that my opponent is interested It's often the case that they come close to you and end up turning back.

However, once you have a stable friendship to a certain extent, you will have something like trust in the Hara, gradually hitting your free mind at the bottom of your heart. It's about to do it.

In this case, it is usually a friend who falls into the concrete action process of "Let's do this together." The author lacks

the energy and courage to organize such a specific action plan for other people. There is a fundamental lack of the pushing power to move others as they wish, and they have to rely on them.

I think that schizophrenic patients have the idea of coming up with ideas, but without the ability to do so, leaving the execution to others, becoming a desk philosopher.

I think it would help if there was a system that could help make friends for schizophrenia patients and people with schizophrenia, but the courage to use that system is actually lacking for schizophrenia patients I think it is. It seems that interpersonal relationships seem to be involved, including avoiding relatives.

Love and matchmaking with schizophrenia patients

It is schizophrenia and love, but I think it is very difficult.

I'm nervous because I have a relationship with a man with schizophrenia and the other side of the relationship with the other person. As a result, it's hard to get a chance to meet the opposite sex, and even if you happen to meet by chance, you will not hear much of the story, but it will be clear.

It is my experience, even if you meet with a matchmaking, half-forced, you will not be in the midst of negative symptoms in the midst of negative symptoms such as careful examination beforehand such as dating courses and meal courses, nothing Without preparation, I was in a park bench where I just went, a head that was affected by

cognitive dysfunction, hardly talked about, I could hardly talk from myself, just hitting the other party's talk I think the main pattern was that the other woman was dissatisfied with it and was refused.

The above is a case where the other woman is a healthy person. On the way, when the writer gives the disease name of schizophrenia, it seems that there was something wrong at that time.

Also, even if I go out and try to have sex and see each other's affection, in the case of the writer, the semen does not come out or erectile dysfunction due to the effect of the antipsychotic drug (Invega) I drink, That area is useless feeling.

The question of what to do if you get married and your child becomes schizophrenic is inevitable. Or, even if a child is born, there is a problem of being able to raise children properly under the condition of schizophrenia.

In the case of female patients, waiting for an approach from a man and being passive but responding to it are likely to have a pulse compared to male patients who have to take an active approach. I will.

Heterogeneous relationships between patients make it easier to understand the condition of the other party, make it easier to talk, and think that the love story will progress, but because they are both sick people and social luggage, love may go well However, I feel that there is a high possibility that my marriage will break down.

Schizophrenia and disability pension

It is said that people with schizophrenia usually get a disability pension.

It is a disease that deprives general living ability, so I think it is appropriate. Since pensions are a type of social insurance, like a private company's insurance, if you get sick, you can apply for it and receive it.

In addition, at the time of illness, it seems that you can not get unless you have paid the national pension or the welfare pension properly.

The writer, who is usually receiving medical treatment, says that he is currently working somehow, so he is not eligible for disability pensions, but he will be eligible if he cannot work anymore. It seems that some people are paid even if they work.

It is said that whether you can get a disability pension depends on the contents of a medical certificate by a doctor. If the symptoms are written on a medical certificate so that the symptoms are mild, even if the true symptoms are severe, the disability pension does not seem to be obtained. So, I hear that there is also a practice of writing down symptoms on a medical certificate so that a disability pension can be passed. I think it is a problem that the judgment of whether you can get it is determined by the doctor's subjective and arbitrary symptom evaluation.

Regarding this, I feel that it is necessary to grasp the degree of disability from the images and videos of brain activity, or more objective criteria for determining the degree of disability. Or maybe you need to tell your doctor as accurately as possible. Another problem is the lack of pension payments. Most people seem to receive the second grade of basics or the third grade of welfare, but it seems to be about 60,000 to 70,000 yen per month. This amount alone is too small and will lead to a bare life. If you are renting a house, it will be full just to pay the rent. It is impossible if you do not own a house or a public housing. After that, will it be a welfare?

As a countermeasure, is it possible to work part-time, sell ebooks, or get advertising income through affiliates, etc., by increasing additional income? The hurdles are high for sick people who have lost their abilities.

Schizophrenia and suicide, short life expectancy

It is said that suicide in schizophrenia is high. It is said that the rate of suicide among schizophrenic patients is about 10%. Alternatively, the suicide rate of schizophrenic patients is often reported to be 350 to 650 per 100,000 population, which is 30 to 40 times higher than that of the general population.

Example of a page written about suicide rates

http://merckmanual.jp/mmpej/sec15/ch202/ch202e.html

http://opentolove.exblog.jp/5847338/

There are thought to be a number of factors towards suicide.

One is positive symptoms. It is possible that hallucinations, hallucinations, and commands from the inner voice are

intolerable and will result in strange and unrewarded deaths.

When I reached the limit of positive symptoms, I was caught by my parents at the hospital, shut down, forcedly transported by taxi to my parents' house, and imprisoned. Heard that `` If you do not get out of the taxi early, it will be serious " and that it is driving on the highway, I opened the car door many times and tried to jump out I failed, but I think I was dead if I was successful.

Depressive symptoms associated with negative symptoms also have the effect of hastening death.

In the case of the writer, I suffered from a serious socially contraindicated illness, and the moment I realized that there was no more hope, I felt so depressed and dying.

As a result, there were many times when my feet went to the edge of the platform, thinking that it would be easy if I jumped into the train when I was waiting for commute in the evening, I thought it would be easy to end my life.

In the end, after dying, parents and relatives are deterred from thinking that they will be compensated for the damage they stopped operating the train, but the urge to jump in still occasionally occurs.

Later, I also thought that I would get sick and die early because of poor food quality.

Cognitive impairment makes them almost useless socially, and they are considered dead. Drinking snacks, tea, vitamins, and mineral supplements can help you survive, but you are more likely to have hyperlipidemia, high blood pressure, and gallstones.

After all, the average life expectancy of a schizophrenic patient is about 61 years or so, and it is considerably shorter than ordinary people. There seems to be data that is 15 to 20 years shorter than ordinary people.

Example of a page describing the life expectancy of schizophrenic patients (Otsuka Pharmaceutical)

http://www.nextchallengeprogram.jp/mets/mets/mets03.htm

According to the above page, a report analyzing the causes of death in schizophrenic patients seems to have a 50-75% mortality rate from ischemic heart disease, which is higher than 33% in the general population. Suicide, which was thought to account for the majority of deaths in schizophrenic patients, was 10%, and the mortality rate from ischemic heart disease was extremely high. It seems to be 15 years shorter.

Incidentally, patients with schizophrenia have a higher incidence of risk factors for cardiovascular disease. It is said that obesity is about twice as common, smoking is about four times, and diabetes is twice as common. The incidence of hypertension seems to be almost the same as the general population.

Incidence graph of risk factors for cardiovascular disease (Otsuka Pharmaceutical)

http://www.nextchallengeprogram.jp/mets/mets/mets04.htm

Well, I think it's not bad to die early because life is often inefficient.

Patients are not willing to go anywhere, spend time in the room without exercising, and often become appropriate for eating, brushing, bathing, etc., so they are susceptible to lifestyle-related diseases, and the condition worsens I think that life is shortened because it is easy to do.

Or, it seems that one side effect of an antipsychotic drug such as Zyprexa causes overeating, metabolism, and susceptibility to illness.

However, even if it is easy to commit suicide or has a short life span, I think that it is hard for those who have left something left in some way. You have to stay alive until you reach your goal. I think there are some things that I think I have left behind, so I'm thinking about living until I do it.

Motivation, thoughts decrease, bedridden ... negative symptoms

Negative symptoms of schizophrenia generally reduce motivation and thinking.

In other words, the motor will not run, and you'll like to slurp without doing anything or to lie down and sleep. My head doesn't work, and I lose the ability to think.

The doctor told the doctor that the negative symptoms were hallucinations, hallucinations, and excessive head movements. The book I wrote seems well written, is that true? It seems that many patients suddenly start with negative symptoms without showing positive symptoms.

From my point of view, once a negative symptom appears, it seems to be hard to cure over a dozen years. The feeling of

always wanting to lie on a futon is dominating throughout the body.

I think that there is something similar to depression in that there is no motivation.

Unlike depression, punishment and blame for depression and the underlying self-punishment are the underlying symptoms of schizophrenia. I think the difference is that the head and body are hard to rotate and hard to work.

Negative symptoms seem to be something that can be seen from a healthy person even if they are lazy, and they seem to be subject to anger, but in fact, they can not move even if they want to move. I hope that you understand that patients themselves have major conflicts.

Insufficient communication with others, nodding only ... negative symptoms, cognitive impairment

When the negative symptoms of schizophrenia (decreased thinking) and cognitive dysfunction (decreased memory and attention) become prominent, it becomes impossible to communicate properly with others.

Even if spoken by a healthy person, the content of the story will pass through from right to left as if it were air, and will not be fixed in the head.

Therefore, if you say "I'm like" or "I'm like", you can't say anything back, and you just nod without power. However,

the content of the story was not remembered on the spot, so when I was later told, "I talked at that time," I feel like I heard that content, but I couldn't understand what was told I have no choice but to answer "Yeah" or reply appropriately.

In short, you fall into a communication dysfunction.

If this is the case, it is thought that the healthy person will distrust the patient, saying, "I can't tell my story, I can't hear it properly." I think that some kind of medical treatment is necessary.

Loss of emotion, insensitivity, incomprehensible, not enjoyable ... negative symptoms, cognitive impairment

When the negative symptoms of schizophrenia get worse, you lose your emotions about things, you can't be impressed by watching movies, and you can't enjoy it. I feel insensitive.

It becomes difficult to empathize with the world of the story, and it is difficult to understand how people's emotions change, vaguely to the end, as if they feel like other people's affairs, to see through without interest Become.

Events that healthy people enjoy (Dioika's TV broadcast) can be enjoyed as if they were feeling like other people, and they do not feel comfortable.

Even in interpersonal relationships, feelings become empty, it can not be impressed or sympathized, and it responds to

other people with "Foon" like other personnel affairs, so it looks uncomfortable for healthy people It seems that.

Rather than being objective, calm, cool, cold-blooded like a scientist, in the first place, it feels like "I feel nothing at all." I get the impression that the emotions are not working at all.

Look, expression, mood is sick, eerie ... precox feeling

When you stand in front of the mirror and look at your face, you look scary as you look at yourself.

I feel something is getting worse or worse.

By the way, when I talk to a healthy person or people, the face I see here is often pulled down and often causes tic symptoms. It doesn't seem to happen except by the author. Everyone will be very afraid of my face and feel stressed.

Such a writer also has a strong sense of interpersonal fear, so while talking with others, tic symptoms are quite common.

I wonder if I'm walking around with a weird breeze and feel bad.

By the way, it seems that the atmosphere around the schizophrenic patient is strange and eerie, and it is called a precox feeling.

Are there any medicines that can fix this eerieness?

Emotions dominating schizophrenia patients ... motivated by frustration, hopelessness, depression, and nightmares rejuvenating trauma

If you have schizophrenia, you will not be impressed by things like movies and events.

Then, isn't the emotion completely lost? Instead, another kind of depression and frustration dominates the mind.

At that time, if you acted, it seems that you got sick of regret that you did not get sick or that you got sick of an incurable disease, but it quickly recovered to a level where you could manage your daily life somehow I feel impatient that I have to do it, I am doing various things hard to correct my illness, but it does not go well at all, I feel desperate that I am no longer good, etc. I am depressed.

In addition, the real nightmare that you see while you sleep, and the nightmare that you wake up to, are almost always seen in your futon, which is also good for those who fill their body with bad emotions. Then, when asked what kind of dream I had, I could not remember the specific contents at the time of waking up, but I dig up black emotions and trauma that cover my heart at the time of waking up It's a feeling that has been left out, and it is enough to greatly reduce the willingness to be active later.

I have to keep taking medicine for a lifetime ... schizophrenia as a chronic disease

Schizophrenia is a chronic illness that, once afflicted, requires you to keep taking the medicine forever.

It seems that some people discontinue the medicine at their own discretion, but although it progresses smoothly for a while, it seems that the symptom often worsens as soon as the positive symptom recurs.

Since I had positive symptoms, I try to drink medicine as much as possible, considering that if I do not keep taking the medicine, I will have to come across that terrible positive symptom again. Needless to say, it causes unpleasant side effects, so if you don't want to drink or reduce the drug, you want to do it right away.

It seems that some people have only negative symptoms or do not take the medicine because taking the medicine has no effect. It feels like that. I don't think it makes sense to keep taking medicines that don't work.

I just go to bed without going out during Golden Week ... Easy fatigue symptoms, interpersonal tension symptoms, negative symptoms

During this year's Golden Week, despite the good weather continued, I couldn't go anywhere everyday and just slept in the room.

I'm afraid to go out in the first place because I don't have the urge to go out because of the feeling of withdrawal.

The information that each place is crowded is also nervous, so it makes you want to avoid crowds.

Physically, there is a lack of physical strength, energy and intellect just to go out and move around.

Originally it seems like a strong sense of fatigue, but because it is constantly dominated, it usually stays almost unmoved, just stays in the room and lays down. It is getting spicy. Sometimes I do not want to go out because all the trains and buses of the metropolitan area transportation are crowded and I do not want to stand.

Also, it takes about 12 minutes from the nearest station where I live, so it is difficult to walk to the station, and I think that it is connected to the trouble of going out. However, housing costs in the metropolitan area are high, and it is difficult and troublesome to find a property near the station.

The word that it is troublesome has come out, but with the symptoms of easy fatigue, tiredness is constantly generated, and it seems that it keeps dominating the whole body constantly, so I think that it is not good, but I can not do anything The default is to spend a sleepy sleep. It's just a lifestyle disease.

My head is white, empty, and nothing comes to my mind ... negative symptoms, cognitive dysfunction

When the negative symptoms of schizophrenia and cognitive dysfunction worsen, the head is completely blank, blank, empty, empty, nothing comes to mind, no matter what to do next They often don't come out and spend the day in vain and vain.

I don't have any thoughts when writing blogs or articles.

Or, if you come in on a phone call and talk to the other party, you will not have any idea from here, you will just be passive and listen to the other party's story with nod and nod.

Direct dialogue with other people also hardly goes well. I couldn't talk well here, and I gradually approached the other party's solo performance, and when there was no more speaking, the pattern of silence on both sides ended up. It is good if the other person has a lot of topics, but it is not always so, and if you only talk one way, you will feel that the person you talk to is also boring.

Thanks to this symptom, I was completely scared to meet and talk with others directly, and despite being invited to meet at the meeting, I was doing a last-minute cancellation and causing trouble for the other people It is feeling. I am disappointed. By the way, I'm not very good at telephone calls, and even if I answer a call anyway, a decent conversation cannot be established.

I want to lie down and get tired and lie down ⇒ I can't sleep because I'm nervous ⇒ I can't get up as if

anesthetized ... Negative symptoms, tension symptoms

With the negative symptoms of schizophrenia, the whole body feels continually heavy, restrained, restrained and tightened. In addition, the body becomes nervous as if tied up and becomes immobile.

In addition, the body is easily tired, loses strength, and can not fall asleep and get up. It has become a standard that you can not do anything in the futon, you do not even think of doing it, you are just lying down.

What's more, I just want to be able to sleep calmly in the futon, but I'm afraid of the trauma of the past, my feelings of blame for my innocence and innocence, the anxiety of how to live when I am left alone in the future, Black emotions and worries, such as rent and how to pay in the future, dominate the mind and the mind is clear, so it is difficult to sleep as it is.

I woke up because I couldn't sleep, got tired right away, wanted to lie down, got rid of my negative emotions, got up, couldn't sleep, got up again, got tired and laid down ... As I move, my whole body gradually becomes full of strain and strained fatigue, and I feel like I can finally sleep when I want to move my body.

Once you go to sleep, you fall asleep for 12 hours or so, and your waking time is messed up. I also have nightmares. Nightmares are fairly real and often have nightmares about past trauma of interpersonal relationships.

When I wake up and want to get up, I feel like I'm out of gas and hit an anesthetic, and I can't get up. After that, they often fall asleep again without losing strength. It often

becomes difficult to go to work at the company or on time, and often takes a break, and HR assessments are ranked at the lowest rank regardless of success or failure.

Schizophrenia patients and diet

It seems that schizophrenic patients and diets are divided into those who become fat and metabolic, and those who are thin and go to just before malnutrition.

In the first place, if you are fat, you can only eat what you can do in your daily life, and if you are taking a psychotic drug that has a strong appetite-enhancing power, such as Zyprexa, and has side effects that make you want to eat more and more uncontrollably, you will eat in a blind way It seems to be fat.

Those who are lean have negative symptoms, their willingness to eat properly has diminished completely, and they do not usually move, so they do not have much appetite and they can do it with some biscuits and tea per meal. I think it's a pattern of becoming malnourished.

My type is the latter, lean and malnourished, and I have been sick and fallen a few times on the road while I did not eat much every day. Therefore, I only take enough iron supplements and take temporary measures. Also, I don't usually have enough to eat, so I take vitamin and mineral supplements as needed. It is completely medicated.

Does it work for the negative symptoms of schizophrenia? New drug, Roche RG1678 (vitopertin)

The drug RG1678 (bitopertin), which is said to be effective for the negative symptoms of schizophrenia, is under investigation by Roche and Chugai, and the trial seems to be completed at the end of April 2014. After that, will it be released around 2015?

I am thrilled to see how the administration of this drug can improve the negative symptoms that have been annoying many patients and have never had a silver bullet. I hope it works for cognitive dysfunction.

I was looking forward to it, but it seems that the test result is not so good, and it seems subtle whether it comes out. I'm sorry.

RG1678 from JAPIC clinical research (test) information

http://rctportal.niph.go.jp/detail/jp?trial_id=JapicCTI-111627

Wikipedia description

http://en.wikipedia.org/wiki/Bitopertin

Chugai P3 stage schizophrenia drug Vitopertin Not achieved major items in 2 out of 6 studies

https://www.mixonline.jp/Article/tabid/55/artid/46434/Default.aspx

What I remember falls out of my head and disappears ... gas and volatile memory problems

In schizophrenia, things that should have been memorized many times in my head fall out of memory as if the gas in my memory was coming out when I was in the middle of a meeting (at a company). Often, you disappear and disappear, and you become a useless person who can not say anything on the spot.

Even if I read a book and thought that I learned the contents, later when someone told me "Please introduce the contents of the book", my head became blank and nothing came out I will. The memory is volatile, and it's easy to lose.

These memory deficits have no sign of taking existing schizophrenia medications. I think there is no countermeasure.

I have real nightmares every night ... because of sleeping pills?

When I got schizophrenia, I started to have nightmares often, almost every night.

Digging out past traumas you want to forget, you'll end up seeing a dream that feels darker and more realistic every time you sleep every day. The details, however, disappear as soon as you wake up, leaving only a depressing and unpleasant mood to be left behind all day.

It may be because of sleeping pills (Slowheim, etc.) that they are forced to drink because they are nervous and unable to sleep, but I think it will not work.

* After that, I changed my sleeping pills to Mysley, but I still have nightmares. No sleeping pills, no effect.

Healthy people's prejudice against schizophrenia patients is great

Schizophrenia has become a topic of conversation among ordinary people and healthy people on an anonymous bulletin board like 2ch, and if you look at the entry, you will be overwhelmed by a terrible prejudice storm.

Watching, schizophrenic patients do not have to have human rights, schizophrenic patients are unilaterally poisonous and damaging to healthy people and disappear from the world as soon as possible. I think that the claim that it should be gone is developing every time.

These claims have not changed the gas chamber delivery and mental structure of Nazi schizophrenic patients. If this prejudice is combined in some way with the prejudice currently being directed from the Internet right wing to Koreans, a terrible incident will occur.

In particular, it seems that accusations are concentrated in patients who are in a phase of causing various dangerous actions due to hallucinations and delusions with positive symptoms. Healthy individuals do not seem to be interested in negative symptoms or cognitive dysfunction.

On the other hand, at present, patients with schizophrenia who have no way to cure are suffering from negative symptoms and cognitive dysfunction.

Isn't it necessary to have some kind of social measure to turn healthy eyes from prominent positive symptoms to less prominent but deeply rooted negative symptoms and cognitive dysfunction? Well, that's why people with negative symptoms of schizophrenia and cognitive dysfunction are likely to lead to prejudice that they are socially useless and wasteful, but schizophrenia Patients are likely to break away from the biased perception of being dangerous.

It seems that there is a belief that a healthy person who hits a sick person can never become schizophrenia and that he is always normal, but in fact, the belief that a patient like me It's the same as if you had taken it naturally before you got sick.

After all, healthy people who believe that schizophrenia cannot be themselves are the most dangerous. I think that even if you develop symptoms of remission, you will not notice that you are ill and will deepen the roots of the disease.

A way for schizophrenic patients to leave their own testimony of their living testimony to future generations ... Delivering a self-made e-book to the Diet Library

Many people with schizophrenia do not even reach marriage, have no children, and die alone.

Since schizophrenic patients are also children of humans, it is only natural that they want to pass on their living testimony to posterity in some way.

It is possible to write your own thoughts on blogs, but if the blog server company goes bankrupt in the future, information storage and transmission will stop there and it will not be transmitted to future generations.

Another is to convert your ideas into e-books. For example, as shown in the link below, you can bring your own e-book to the National Diet Library and have it permanently stored.

From July 1, 2013, e-books were also eligible for submission to the Diet Library, and the service was launched. Immediately, we also used it and delivered a lot of epub documents that had been written separately until now. The delivery target seems to be limited to free and non-DRM for the time being.

National Diet Library Online Data Collection System (edepot)

http://www.ndl.go.jp/jp/aboutus/online_data.html

Basically, an epub e-book document file is placed individually in a specific folder on the disk space where the web service can be used, and the data describing the URL to each file with the full path is separately prepared for each HTML. Write it on the written web page and display it in the form of a link in the title of the document.

After filling in the bibliographic data input fields such as book title, author name, publisher name and publication date and time, the next two fields are the web page URL created as above and the individual epub document URL And are paired and described so that there are no errors.

web page URL http://aiura.tc.com/ebook/ronbunsyuu.html
epub document URL http://aiura.tc.com/ebook/book1.epub
It's OK

There is an item on regular collection by the National Diet Library, but this seems to be for books that are published regularly, such as magazines. Ordinary books are not eligible for continuous collection, so select those who do not wish to continue publication.

Finally, write down the complainant's information, name, email address, and the link between the complainant and the book creator.

After that, if you press the consent button at the bottom, a confirmation screen will appear, so if you click OK, the URL data will be sent to the National Diet Library, the books will be automatically collected by the robot, and at a later date (in the case of the author, half a day I think that you will receive an e-mail from the National Diet Library indicating that the books have been collected and that you have confirmed the contents of the collected books.

Tired of having a large number of books, but put the web page data created in advance in a predetermined place, and sequentially from there, to the book title name, web page URL, direct epub file of each book, etc. If you copy the URLs one by one and copy them steadily into the input fields of the National Diet Library site, it will work.

I personally think that it is better to export the contents of the blog that you wrote, convert it to an e-book, and deliver it to the National Diet Library. However, reading is limited to the Diet Library, so in order to spread your ideas widely to society, it is better to respond to blogs and Amazon e-book sales (Kindle Direct Publishing) before birth. think.

Friendship, effort, victory and schizophrenia patients

It is often said that the theme of a comic or anime's bestselling works is friendship, effort, or victory. Many readers and viewers like these themes.

Applying this to the author of a schizophrenic patient,

\square In friendship, reluctance is basically not good for building
and maintaining interpersonal relationships, so it is often
left alone and excluded (although there are a few friends,
exchanges are generally inactive).

☐ Effort is not motivated by negative symptoms in the first place. After that, no matter how much effort you make, even if you try to do something because of cognitive dysfunction, you will not be able to remember anything properly, so it is useless and inapplicable.

☐ Victory is not covered in a series of losing battles because one of the few strengths (memory, etc.) that had been a merit for me was canceled out due to illness.

What a place, such as.

Everybody in the world can use it as a guidepost or indicator of life, and it's all useless and depressing as much as they think. I feel strongly left out of society.

Sleep for a long time, cannot get up in the morning, sleep all day long ... Long sleeper

Once you have schizophrenia, once you sleep, you sleep for a long time, nearly 12 hours, and you can't get up in the morning or at all. It seems to be a long sleeper.

You will sleep as if you were under general anesthesia. Even if you try to get up with a nightmare and you get up, you will lose your physical strength, you will not be able to get up with the feeling that gas has escaped, you will fall asleep again while lying down .

I would be late for work and not be able to get up every morning, so my assessment would be low. I was in trouble.

Also, in the morning of the next day, if you have an important meeting or an unavoidable task at the company, you will never be able to predict when you will sleep once you fall asleep, so stay nervous overnight. After that, she spent some time till the next morning, and after waking up

somehow, she went to sleep, and the next day, she couldn't get up at all and stayed asleep all day.

Also, even if you are awake, you will always feel drowsy and tired, and your desire to always lie on a futon will not disappear. The atmosphere feels like gravity that is always drawn down.

Schizophrenia patients cannot keep up with the movement of healthy people ... AKB48 general election

When you have schizophrenia, you become less familiar with the world and it is difficult to keep up with topics.

Even if a healthy person was given a seasonal topic, digestion and absorption could not be done well, and the topic was "yes, I received the topic for the time being (I have not yet understood the content)", and it was simply weak and noun nod Become.

The topic of popular elections in the idol school (AKB48, etc.) that is flourishing in the world was completely left behind, saying, "Something is slapstick. What's going on? I can't keep up, I'm not interested, and I'm tired of trying to fit together, so I wonder if I'm going to rest and rest, or overtake it."

With this, there is no reason to talk with healthy people. Talking with a healthy person is a stimulus, but it is often talked about as a result of active activities that are out of reach of the sick, so listening and listening become more and more tired, and this response becomes increasingly slow. I understand that it is getting better.

The difference in the output of a big life between a healthy person who can just jump at the height of the sky and a disabled person who is just settling down and rests will appear as it is.

This leads to human discrimination, so I think it is better to do something.

If you gather something like a maxim of life squeezed out by the sick and sick, you may be able to argue that the substance is not inferior to the healthy. I think it would be nice if I could get a sick sick person to become a thinker and point out the darkness of life that healthy people would not notice. In that case, the sick person will be able to show the significance of existence that the healthy person does not have, and both will be equal.

Distracted, unable to concentrate, making elementary mistakes, cognitive impairment

When you have schizophrenia, you lose your attention to things, you can't concentrate on one thing, and you're easily susceptible to other things happening around you.

As a result, ordinary people can easily make rudimentary mistakes in okay tasks.

In my example, I can get on a long-distance bus recently, and if I pay the entire fare, it will be a considerable amount,

so I will give a bus IC daily ticket at the end of the first bus I got on I tried to buy.

It was good until I told the bus driver, "Please give me a one-day ticket," but when I looked back, I noticed that there was a waiter, and at that point I was upset, Before preparing to issue a one-day ticket, the driver accidentally touched the IC card to the card reader and got off the train. Naturally, you have paid the regular fare without issuing a one-day ticket.

The destination was a blockage of the cecum line, so I turned back on the same bus, but naturally the driver was the same.

When we arrived at the final point and tried to get off, the driver stopped him and said, "I couldn't buy a one-day ticket after all." We had you issue a one-day ticket again, and we had you return the fare to you with a coupon, but it took a lot of extra time. I was sorry for the driver who had to do extra work due to my carelessness.

At the same time, this experience has made me somewhat scared of performing one of the most complex tasks I am not familiar with. I was upset by the trivial things, I was distracted by my attention, I felt like I was doing something strange each time, and I felt like I lost confidence in myself.

Weak against interpersonal pressure, weak against others, want to be alone, like loneliness ...

I think that the temperament of people with schizophrenia is weak against interpersonal pressure from other people and weak against others.

If you feel calm when you are alone, but someone else comes in there, you will suddenly feel discouraged, depressed, and feel like pressure, and you will not be able to make a normal decision.

If you are upset or nervous by others, you will not be able to speak anything and will not be able to respond to others around you, I will ignore it.

In the case of the writer, when they are in a line like a fare payment at the end of the bus, it is easy to feel the pressure from the people behind and tend to feel hurried and make a series of mistakes There is.

After that, they are not good at entering private shops and department stores that require close communication with shopkeepers and clerks, and sometimes go to large supermarkets that leave customers aside from shoplifting surveillance.

I'm not good at entering cafeterias and restaurants where I have to ask the waiter for a menu of meals. You will need to select a food voucher store.

I'm not good at asking others. You're already depressed at that point to get the first contact you need.

So I like being alone. I like being left alone. I like loneliness. The problem is that in such a condition, it is difficult to find a helper in an emergency.

A page that explains well the disabilities of schizophrenia patients

Patients and their family members can organize schizophrenia patients' medical conditions and courses, list patient-specific personalities, diagnose schizophrenia illness, and hear simulated auditory hallucinations. I found a page full of what I wanted to know, organized neatly.

Pharmaceutical company Janssen Pharma's page Schizophrenia Navigation

http://www.mental-navi.net/togoshicchosho/

It also explains that cognitive dysfunction and negative symptoms are less effective.

I found a page that describes the obstacles of schizophrenic patients in a short and simple way.

I think it fits the patient's situation.

Arakawa-ku, Tokyo page

Maybe your heart is sick? ~ Schizophrenia ~

http://www.city.arakawa.tokyo.jp/kurashi/shogaisha/kenkoujouhou/20110824093017509.html

"The characteristics of disability are called" life disability "and" difficulty of living "and appear in the following three aspects.] Has been described as. I think that the explanation here is in good agreement with the actual problems of patients.

In addition, I found a page that explains the obstacles of schizophrenia patients and the difficulty of getting a job from a brain science point of view in a plain and easy-tounderstand manner.

Brain science to overcome obstacles in schizophrenia

http://www.ncnp.go.jp/nin/guide/r3/research/result1.html

As described. It is easy to understand description with pictures and pictures.

I also found a page that summarizes cognitive dysfunction in detail.

Cognitive impairment in schizophrenia

http://www.fukuchi-clinic.com/ga/be/2009/be053.htm

"◆ Importance of cognitive dysfunction in schizophrenia

Cognitive impairment is a core disorder of schizophrenia.

The effects of cognitive impairment on independent living and occupational functions are significant. Knowing how each cognitive dysfunction affects a patient's quality of life and social function is important in our ongoing rehabilitation.

It is summarized as. The disability details are categorized in detail, and it is easy to understand that your disability is this part.

I don't like answering phone calls. I'm
scared of calls. 🛛 🖺 🖺 In trigger of
illness □ □ □ (Interpersonal tension,
cognitive dysfunction)

I'm not good at making or taking calls. I'm not good at talking on the phone. I'm nervous and I'm nervous.

Telephone is a communication method that requires direct real-time communication with others.

However, some patients with schizophrenia who are not comfortable meeting and talking directly with others and are not good at maintaining and maintaining close communication with others in real time Making, receiving, and continuing to talk on the phone, with the exception of those who can be forgiven, is a great resistance to personal fear.

In addition, making a phone call can lead to moving the other person, so for patients who are not good at meeting other people and want to avoid it, they are reluctant and resistant.

When the call is connected, inevitable personal negotiations and interpersonal negotiations begin, and the same as opening a gate to hell for patients who are not good at it and want to avoid it. Until the call continues and the other party hangs up, the tension is continuous and you have no nerves.

It's also a problem that people often get nervous on the spot and can't respond to them quickly. Even if you think about the topic or prepare it in advance, it is often pushed by the opponent's mind, the memory flies, and you can hardly talk well from here.

Also, when there is a problem such as memory regeneration due to cognitive dysfunction, the inside of the head becomes hollow and you can not think anything, so you can not answer the phone properly and talk about the other party It just passively listens. On the way, even if the other party asks "What do you think?", The contents of the story up to that point are not fixed in your mind, so you can not understand what it was, and "Hmm, hmm" If you just think about it, you can't answer it right away, interrupting the conversation and giving the other person discomfort.

When you are on the phone, your memories will not come back well, and you will remember them well in your head and find it difficult to search.

In my case, when I call, I try to bring up a screen such as a computer as close as possible to talk about things that I can not remember while searching on the Internet each time, but there is still a limit.

For this reason, it is difficult to search for real estate that requires contact and answering by telephone with an intermediary, and it is difficult to do so.

If it is not a telephone, but an e-mail, Twitter, or Internet bulletin board, you can elaborate the text, remember what you see and say each time, communicate it to the other party, and you will not be asked for an immediate answer in real time, It is easy. However, in the case of a company or the like, it may be necessary to contact us by e-mail when contacting us, and in such a case, we are nervous because we can not understand the translation while talking about what to talk about You. In the end, I can't make calls from myself and leave it alone or give it to me by e-mail and it makes my tea muddy. Not good.

While talking on the phone, my thoughts become tired, and my answers and replies gradually get worse, and I can't do anything other than say a monotonous nod sound like "yes, yes".

By the way, the phone that triggered me to develop schizophrenia was. Although I was instructed to try out a prototype of phone software at an IT-related workplace, I was too reluctant to call my colleagues each time during the prototyping process. Criticism and complaints that `` do not work '' began to appear from around, and it seemed that people who seemed irrelevant in the meantime seemed to be talking about criticism, and finally, the whole workplace The onset was that the pedestrians on the road felt as if they were talking about my black gossip.

Promotion of disease understanding by simulated illness by schizophrenia simulator

I think it would be good if we could develop software that allows healthy people to experience the positive symptoms, negative symptoms, and cognitive dysfunction of schizophrenia in advance. I think it would be better if you could easily experience it with a smartphone. Schizophrenia simulator.

There seems to be a simulator at the pharmaceutical company Janssen Pharma.

About virtual halation

-Hallucinations of schizophrenia-

http://www.mental-navi.net/togoshicchosho/virtual/index.html

Schizophrenia patients and the internet ... Email, SNS, Twitter, electronic bulletin boards as an environment where patients can live easily

Schizophrenic patients are poor at interpersonal contact. In the case of the writer, even on the Internet, I'm quite hesitant to apply for an SNS or a friend that connects with someone I knew in the past. Emails are also different from office contact to the goods purchase shop, but if you are an individual, you will be very nervous, and you will be forced to review the text half-way before sending it.

However, unlike online meeting and talking or making a phone call, you can maintain a connection with the other person and keep a little distance at the same time, so you can connect with the other person more easily.

However, in the case of the author, simply pressing the "Like" button on SNS or the other party's activity does not give much energy to transmit information from here. Is it unusual to make a comment?

I think that it is convenient to be able to easily communicate with people with the same disease and healthy people from within the room at home, such as Twitter and anonymous electronic bulletin board 2 channels. I think it's great to be able to talk openly with people who may be too willing to talk in person.

However, no matter how much you talk, no matter how much you talk, the connection with the other party is not created, so it is a problem that you feel like loneliness, but on the other hand, you can also feel like the ease of being alone It is very good.

Also, communication on the Internet such as e-mail, SNS, Twitter, electronic bulletin board does not pass from left to right like telephone conversation or voice conversation, it stays on the screen In that respect, it also makes it easier for patients with cognitive dysfunction to understand the story. However, if the original article is a long sentence, it may not be understood and may be skipped.

Also, responding in real time over the phone or in real time means that you are sick and your thinking is reduced, nothing comes to mind and you just say "yes, yes" without force. I'm grateful to patients who can reply by e-mail or after a while, because even if their thoughts are poor, they can easily afford time to manage their thoughts.

The Internet is a better environment for patients to communicate, live and live than in traditional physical

contact and voice-only worlds. I want them to continue developing in the future.

Should I make a confession to my surroundings about having schizophrenia?

Schizophrenic patients may need to confess to others that they are ill. I confess my illness to close friends.

On the other hand, schizophrenia is a disease that is highly prejudiced, and it is a bad illness to leak to people, and I think that there are quite a few people who want to hide it, but in a sense, it helps to maintain the prejudice of the disease It will be. Also, I wonder if the secret is known as a bad guy and blackmailed like a rose.

Well, it's quite possible that an existing relationship you've built will be broken by announcing your illness, so you can fully understand the feelings of those who want to be careful about announcing it.

On the other hand, it may be a good idea to venture out your illness at a certain interval, because it will make it easier to find healthcare professionals and local people who can help you, make it easier to mentally rely on, and maybe. Of course, there may be some incomprehensible opponents, but I'm willing to go one step further.

Wouldn't it be better to open up the process in that way to help reduce the prejudice to schizophrenia and eventually

move the society in a way that makes it easier for patients to live in it?

It is easy to live as a sick person if there is a system for supporting the announcement of illness around here.

What schizophrenia patients should aim for, 10 articles in total

Here are 7 things that schizophrenia patients should aim for.

- (1) Being in the same normal state as a healthy person (being free from delusions and hallucinations)
- (2) Being as active and active as healthy people
- (3) To be as smart as healthy people (to be better in memory and to concentrate attention)
- (4) Being able to interact with people as well as healthy people (releasing human fear and tension)
- (5) Being able to relax like a healthy person (releasing yourself from tension)
- (6) It is hard to be tired like a healthy person
- (7) Sleeplessness as normal

I just gave them something to cure the illness and become a healthy person. It's a bit biased.

In fact, if you become a patient with schizophrenia, if you come to have some excellent special abilities not available to ordinary healthy people, I think it is enough to aim at

improving those abilities (Illness as it is). What is that ability (if any)?

For example, the following three articles:

- (A) To develop talents that can generate creative ideas one after another by utilizing the self-generated thinking that abounds from one after another beyond the healthy person (researcher)
- (B) To develop a talent to be able to continue to work independently and lively even in a situation where interpersonal relations are sparse and the environment is such that they will surrender if they are healthy people (exploration activities on uninhabited islands and online)
- (C) To develop a talent to survive over a long period of time in a situation of constant tension in which a healthy person has no nerves (a watchman in a war)

Is it possible? Please let me know if it is still possible.

I suppose that it would be enough if not to cure the disease would be able to exert the unique ability of society to be useful to society.

Shopping and mail order with schizophrenia patients

Schizophrenic patients are afraid to leave the room and tend to withdraw.

For this reason, people tend to stay in the room and go to shopping, rather than going out and shopping.

In the case of the writer, there are many products that are treated like Amazon and free shipping, and the price of the product is relatively low, so I often use it.

For this reason, it seems that my room is filled with cardboard boxes for mail orders such as Amazon. While something accumulates, I think it is not good as it is, so I have to do something, but I don't have the courage to throw it away.

Also, when requesting redelivery of luggage, it is quite psychologically tired to wait for a certain period of time. I can't put in the toilet. Still, I think it's better than going out.

Greetings with the delivery staff can be completed in a business manner simply by pressing a stamp, which is also a good feeling with less burden on the mind.

Schizophrenia patients and sleeping pills, sleep-inducing drugs: sleep disorders

People with schizophrenia often take sleeping pills or sleepinducing drugs because they are nervous and unable to sleep.

The typical ones are Mysley and Amoban, and I've been drinking (or rather, now).

After that, diazepam seems to be effective as a medicine to relieve tension, and we also take it.

In this way, my writer has been taking several medicines in various ways, but it does not work as expected.

First of all, there is a pattern that if you drink early at 9 o'clock or at night, you will not fall asleep at all (you will not get sleepy, your eyes are clear), you will keep getting up until dawn, then you will get sleepy and sleep until noon.

Alternatively, you can drink early at around 9 o'clock in the evening and sleep at a stretch, but even in the morning of the next day, you can not get up while sleeping a lot, and the body only starts moving during the day. is.

In short, the day when it does not work at all and the day when it works too much are coming out of random order, and there are few days that work moderately, and you have a serious sleep disorder.

At present, at the company where I work, I am in a state of being repeatedly late and absent, and it is likely that I will not be able to work properly and will be fired. Is there any good solution?

Anxious about the future of his black soul ... the future of schizophrenic patients-eschatology

As schizophrenic patients age to some extent, the more they become older, the more they feel that their future is covered in murky black color and that they are chased by the anxiety they cannot see.

Jobs, conversations and socializing that ordinary healthy people can do without difficulty are difficult in schizophrenia. Willingness, intellect, and physical strength are all inferior, stigmatized as a socially useless person, living with treatment of social annoyance and social garbage, and continuing until death You will be in deep despair.

Because they often cannot work decently, they rely on disability pensions, but they are negligible and can only live the lowest ranks. Some say that patients are not able to contribute to society, so it's natural to say that it is a mass production of living corpses. Economically deprived, the future will be closed.

In addition, your daily life is sluggish, and you will continue to feel weak, weak, and weak in athletic ability, which will make your body more susceptible to lifestyle-related diseases and shorten your life expectancy. The feeling of not being able to go long leads to despair.

As a result of illness, they are unable to marry and have children, they enter middle-aged or old age, and they are unable to make genetic descendants, their bloodlines are cut off on their own, and their families and relatives are disappointed. It is regrettable to think that it will only end with you. If you are healthy and wonder if you were married and have children, it will be very hard to see other healthy children.

At least, if there is a new drug that improves these situations, it will give me a glimpse and make me feel like I'll try my life again. Nevertheless, I feel that it is extremely difficult to make up for the loss of life so far.

Anyway, the patient has no fundamental remedy for negative symptoms or cognitive dysfunction, and he seems to be living a downhill and sloping life until he dies.

Even more troublesome is that the financial situation of the modern Japanese country is extremely bad, and when national finance collapses, hyperinflation causes a large rise in prices of food, daily necessities, housing, etc., making living suffering at once. It is possible. Life will not be sustained by disability pensions alone. It is likely to be cornered by the situation of living or dying.

The end is a narrow home with a small, on-boro lease, while welfare and a little visit and nursing care, but no longer satisfactorily touch the electronic terminal such as a smartphone, which is the last window to society, literally, With a loss of contact, it is likely that he will die alone with terminal cancer.

Poor physical control ability of schizophrenia patients ... Distortion of body posture and body tension

There was a document that summarizes the poor physical control ability of schizophrenia patients.

Literature review and perspective on postural control in schizophrenia

Osamu Imura, Bulletin of Graduate School of Human Sciences, Osaka University 36; 117-136 (2010)

http://ir.library.osakau.ac.jp/dspace/bitstream/11094/7148/1/hs36-117.pdf

(wrap up)

There are abnormal stereoscopic perception, abnormal writing sensation, impairment in balance and walking, and stiffness of posture, slow motion, and awkwardness are observed in everyday situations.

Abnormal balance associated with the cerebellum, gait ataxia, and overall body clumsiness are frequently seen in schizophrenic patients. The most prominent disorder was balance, seen in 11% of schizophrenia.

As a result of applying the clinical motion method to patients with chronic schizophrenia, it is said that what is commonly pointed out is "strength" and "distortion of posture" of schizophrenia patients.

They were hardly aware of their own physical tension and could not relax themselves.

As a characteristic of nervousness in schizophrenic patier	ıts,
$\hfill \square$ Chronic and poorly active tension from the neck to the shoulder,	
A posture of a stoop that barely resists being crushed by gravity,	
☐ Motion due to inefficient and wasteful tension, unstable posture and vulnerable to external impact	1
☐ Chronic stiffness as if pressing a rubber plate	

Has been pointed out. And as a cause,

☐ Possible side effects of antipsychotics
$\hfill\square$ Involvement of environmental factors such as hospitalism after illness
Has been controversial.
Regarding the nervousness of schizophrenic patients,
☐ I think that these mental tensions may be the result of physical manifestation because they always deal with the outside world with a strong attitude.
It has been pointed out that chronic tension of mind and body may hinder their spontaneous behavior and make social adjustment difficult.
Therefore, if patients with schizophrenia become aware of the rigidity and tension of their physical activities by the clinical behavior method, and if they can alleviate or eliminate them, self-control of their behavior will be easier and social behavior will be improved. Is assumed.
apparently
Below is my personal opinion of the blog author,
Tensions can be improved to some extent by taking a stress reliever such as diazepam.
☐ As for posture distortion, it is in the opposite state that vitality is full of the body, so I think that it may be improved by drinking medicine, Abilify, which rejuvenates the body.

Personally, I am quite disappointed to know that schizophrenia not only causes impairments in brain thinking

and cognitive functions, but also impairs physical control.

Unable to stop things once started, automatic doll runaway symptoms ... tension symptoms, sleep disorders

The writer of schizophrenia suffers from the following autonomous driving symptoms every night:

At night, when you look at the computer screen just before you go to sleep, you have to look at this screen in a potato style, if you look at this screen, you have to look at the screen next time, automatic work is done Often, work starts running out of control, with an unusual sense of tension that can start and then stop once it starts.

Or, in the daytime work such as the development of application software for smartphones, or because lunch break time has come, it is not over yet, so it is frequent that it can not be stopped even if it is time to continue and leave the office. You.

The next morning, I knew that I had to get up early at work, but I never heard what my body or head was saying. such as, come out one after another information and necessary work to the equation and from the next to the next, endlessly without searching for the information and work, browsing, we would continue to run. It is a kind of tension. It is a symptom with autonomy. It is also similar to the symptoms of akathisia, which is constantly sobering and restless.

In this condition, your eyes will glow brilliantly, your head will be clear and you will not be able to sleep at all until you are exhausted and completely sleepy. It is a sleep disorder. It doesn't work well with sleeping pills.

And the next morning, I can't get up and sleep for a long time.

Interpersonal relationships are breaking down ... I don't want to meet or talk to others, I don't want to talk, I'm alone

In schizophrenic patients, contact with others is a psychological burden, and there is a sign of interpersonal fear and communication disorder, so I do not want to see many people around me (especially those who do not know about the disease), I think many people don't want to meet and talk.

When we meet with another person, we forget the content of the conversation or do not think of anything in our heads (because of negative symptoms or cognitive dysfunction), after all, the other party becomes grumpy, It's good now. "I think that it is difficult to tell the other person that the explanation that this is a symptom will appear if it is a disease in advance. I guess the interpersonal relationship with the other party will be disrupted, but talking with a sick person who does not communicate well may itself be a trauma for a healthy person. Of course, for a sick person, it is a trauma that the other person leaves you without being able to talk well.

That being said, explaining schizophrenia to those who do not know our illness or who did not explain the illness until now is foolish because of cognitive impairment. You have to use a blurred head, so that is a burden. The explanations are psychologically burdensome for those who listen to the content that is messed up, and I think it is quite subtle if you can understand it.

In addition, telling the name of schizophrenia, a highly contraindicated disease, shocks the other person and saying, "I don't want to see you anymore because it's uncomfortable" has a bad effect on both the person and me. I will.

Basically, my acquaintance who turned out to be sick has gone away from me as a feeling, and at most once a year's New Year's card and socializing with an annual greeting on SNS at best Or you are really out of business.

In my case, I feel that when I meet with an acquaintance or another person, my interpersonal relationship breaks down or there is a high possibility that I do not want to see much. However, this has the problem of becoming distant from the other party.

Also, except for the fact that interpersonal relationships are broken and some acquaintances remain, in the real world, there is a strong feeling that I will be alone for my whole life.

Desirable means of communication for schizophrenic patients

As a means of communicating with others, schizophrenic patients need to be able to plan and record what they want

to say beforehand and then go out. Email, Twitter, and Internet bulletin boards are desirable.

Don't need a phone, LINE, or real-time response. This is because your head is completely white and you have no idea what to say. It is useless to meet and talk with people directly. In some cases, emails also require a real-time response, in which case the advantage of pre-editing is lost.

After that, it is desirable that the information that you have seen or want to say will continue to be displayed on the screen and will not disappear. When it goes away, the patient is completely ignorant of what to say and gets stuck in communication. Website browsing, e-mail, Twitter, Internet bulletin board, SNS are desirable.

I think it's very thankful that the content spoken by the other party can be read back if the text remains on SNS or on the Internet, such as less and comments, and it is easy to reactivate the content that tends to settle in my head.

In this way, desirable communication methods tend to be restricted on the Internet, and interpersonal relationships tend to remain in the connection on the Internet, and do not sufficiently connect to building connections between physical people, so physical interpersonal relationships Tend to be poor. Also, I think patients tend to want to be alone, rather than actively seeking physical interpersonal relationships.

Too weak physical strength, lowest athletic ability, weak gully thin type

... What is the connection with the disease?

I am a schizophrenic patient and have been suffering from the extremely low physical and athletic abilities since childhood.

Anyway, it is natural that the result of physical education is the lowest in the class by far.

In baseball, you can't hit a bat at all. I could not catch the flying ball with the mitt at all.

In tennis, the racket cannot catch the opponent's ball at all.

There is no horizontal bar suspension. Rising up, kicking up, no good. I have no strength.

Even with standing forward bending, your body is stiff and your fingertips never reach the floor.

All races (for example, there was an exception only once, but there was Yarase?)

Long-distance running, tired easily, no endurance. Despite dying on the way, a few minutes after the previous runner, he finished alone with Potun and the final.

This continued to the university endlessly.

Anyway, the feeling that only one person was left behind in a position with a lower grade that was far behind the others and far away from others.

The author's body type is a typical tall super fuzzy, weak gully type.

I can't drive a car because my nervous system is too low. (Sometimes I take the medicine Invega.)

Although it seemed to be bullied, there were some points in the subject of humanities and science, so I was poor at building personal relationships in terms of personality, and I could not hear my mouth well with others, but I tended to be isolated He was left alone and wasn't bullied that much. It was great that there were very few good friends with the same hobbies.

Later, when I became sick, I read a book about schizophrenia one day, and wrote that if I was slimy and had poor physical education, I noticed that people with this disease were noticeable. In fact, how often are they sick among people?

If you are young and have the above physical performance, you may want to keep in mind the possibility of getting sick.

By the way, the only academic achievement of Bunraku was destroyed by the disease.

If no clue is displayed, nothing can be done ... cognitive impairment and ebook application Kindle

I'm trying Amazon Kindle, an e-book app for tablets and smartphones.

However, it cannot be used at all.

The problem is that when the type of e-book is displayed, the screen does not display any other clues or other operational clues, so it has cognitive dysfunction of schizophrenia I never remember what I could do and how I could do it, and I never knew anything. For example, if you try to fly all at once in the second half of a book, you have no clue, you have no clue what to do, and you can't do anything.

I'd like you to create an icon or a mode that is always displayed by setting somewhere.

The book I wanted to read was a book by a comedian (Mr. House Kagaya) who experienced schizophrenia, but apparently it is not compatible with Kindle and is published only on paper. The book is big and heavy, so I was thinking about the Kindle, but it was a little disappointing.

I can't recite sentences. I can't hear sentences and dialogue.

I have been unable to recite sentences since I developed schizophrenia. Before the onset, even those that did well

without any problems are extinct.

No matter how much you seem to memorize the text and get into your head, if you try to recite the text at all, you will not think of anything in your head, but you will have to say it while glancing at the note paper with the text written inevitably It has just become.

I'm not good at writing tests. Anyway, the words from my ears don't settle in my head, and I feel like I'm repeatedly attacked by the unpleasant sensation that comes out as it is. Even at a level that seems to be very easy, such as English, I can't really hear it.

Afterwards, when watching late-night anime, the contents of the dialogue can not be heard well, and it is often felt that it leaves the meaning unknown and goes to the next scene.

I can't shake my job. Is it possible to have a patient management position?

Many people with schizophrenia are not good at giving jobs to others.

I think that the main cause is reluctance to others. For a patient, asking others to work directly is a very psychological burden.

It is very difficult, and it is very difficult to put in order to be able to give instructions to the other person or to be able to bring it to the point where the other person is convinced of the work and it is good. I guess they often run away from patients.

In any case, the patient has difficulty in interpersonal contact and interpersonal persuasion based on human fears.

This includes the issue of capacity gaps. Patients are inferior in intelligence and thinking, such as the onset of cognitive dysfunction. Therefore, they do not have the ability to persuade others to work effectively.

In the end, patients have significantly reduced interpersonal skills and interpersonal skills, such as the managers who work, and therefore have difficulty in becoming managers.

In the case of women, the promotion of managers has reduced the number of women, so it appears that forced corrective measures have been taking place, such as forcing women into managerial positions. What if you start to see it?

In short, some people may feel that they need to be reassigned to management positions because they are mentally ill. I am personally interested in how many mentally ill people can withstand this.

By the way, we are the worst attendees, our heads are dim, and we can't demonstrate their independence, so it seems unlikely that we will take a position to work for others for the time being.

Schizophrenia patients and communication disorders (mourning man, mourning woman)

Recently, in late-night animation, a two-man manga artist named Tanigawa Niko drew a female hero animation of the original comic called "You are bad no matter how I do not have a mote!" There is.

The heroine is not good at communicating with other people and building human beings, it is always alone, there are few friends to talk to, and she is making a tearful effort to make a lover, but in the first place it is all about creating a chance to talk I will go down. The heroine's heterosexual experience is only in PC games, and in reality it is completely virgin. In other words, communication impairment, not being able to talk well with others, being unable to make friends and lovers ...

After I got sick (or partly before I got sick), as with this anime, I didn't go well with interpersonal relationships, and my workplace and isolation were terrible. I gave up making a lover because of illness. Symptoms are not odd, they are bad, and they seem to bother others. Until I got sick, I was a small-minded person, and I wasn't able to make a decent attack or a demeanor.

It seems that a woman with no mote is called a mourning woman, and a man with no mote is called a mourning man. If the heroine of this anime is a mourning woman, I suppose I am a mourning man with a communication disorder.

Of course, there is a possibility that there will be a heroine's mourning escape due to a new development in animation, but what will happen. Well, it's a fictional anime, but I think readers can get enough of the lessons of life. I guess it's up to the viewer whether it's a sample of "I can't do this" or "I'll do something even if I do this".

No energy, intellect, or stamina to open up a new path

When you become a human or an adult, you have to make your own way and proceed.

At Tadawari Tong, he gradually loses track of his own way while trying to keep in sync with others, to look good and to look good.

To avoid this, at your own pace, without being obsessed with the appearance, you can hone your own usefulness in your society, and in some way actually help others, and use your own energy and physical strength as the way to go. You need to be full of your intelligence and break down the barriers in front of you. The results are then recorded and set as examples for one's own descendants and posterity.

This is ideal, and when applied to schizophrenic patients, it turns out to be almost unattainable.

Intellect is almost lost due to cognitive dysfunction. Visibility is due to the negative symptoms. The ability to open up in front of me has almost disappeared as if I was falling.

In the case of the writer, it's sad that I can't produce what I can say that I've accomplished this in my life with illness. In particular, my intellectual fall to the ground was a disaster, and I couldn't do anything else (I really wanted to quit my company and go back to college again to do some research that I had wanted to do before I was sick). Marriage is unreasonable, genetic descendants are unlikely to be left, and I do not know exactly what to do with my living testimony.

You may stop evil, leave nothing behind, and die quietly, but in the case of the writer, my attachment to this world is still quite strong, so I'm going to be worried for a while.

The problem of reverberation

After I got sick, I couldn't get the sound of the sound reverberating in my head.

For example, the sound of a buzzer to signal the end of washing in a washing machine, the sound of a chime at the entrance, the music broadcast of a local government at 5:00 pm, the sound once heard and heard should have disappeared, but it will remain in my head forever. It feels like staying and resounding endlessly.

Is the mechanism similar to the occurrence of hallucinations? It is a troubled symptom.

I can't stand. I want to sit down. Lose to gravity.

I have no more physical strength to get on a commuter train for 20 minutes because I have negative symptoms and I don't have the energy to exercise just sleeping at home. I'm really tired when standing. I want to sit right away. It feels like losing the gravity working downward. I guess some people have been sick from the start because they are sick. So, when I arrive at the company, I am prepared to be late, so I take a vacant train that is late for time, and a vacant train that can always be seated at the first train station on the way. Since the number of trains departing from the station on the way is very small, I am desperate not to miss it and get up every morning.

Even when you leave work, if a full-scale commuting rush begins, you will stand up for a long time on a train and think that you will die, so you are ready to leave the company early, you can ride the fastest, a train that has not yet begun to be fully crowded Because it stops at the station on the way, I catch the train with the seats available relatively soon.

When traveling, avoid the fast but crowded express trains as much as possible and take the local train where you can sit.

Something has become a life-defeated style, but is there no help for it?

Also, going to concerts and listening to singers, etc., for a long time, standing with my seat standing and waving with my surroundings, I am tired, so it is unlikely that I can do it. I'm watching the TV screen so that I can stand well. In classical orchestra concerts, it's easy to spend a lot of time sitting and sitting. It is tired and troublesome to go to the venue.

The inability to stand on trains or at concerts is a major problem because of the limited range of activities. I think there is no solution.

I can't get up every morning. I'm so sleepy. I can't go to the company.

I actually commute to work on weekdays, despite the fact that my abilities, physical strength, and energy are not good enough for living such as rent payments.

The trouble, however, is that when you wake up every morning, you are extremely sleepy. I feel like my body is under anesthesia, my whole body loses power, and I feel strongly pulled back down strongly, so I can't get up at all. I have a heavy head, I am blurred, and I want to lie down all the time. I can't go to the company as it is.

If you leave it alone, you will fall asleep until the afternoon. In the past, I often slept until afternoon and went to work when I was completely sleepy (because that would improve my work efficiency). I was pierced by a nail and had to get up early.

The alarm clock snooze function sounds an alarm every 5 minutes from about 8:30 am and repeats stopping it six times, in other words, napping for 30 minutes, in short, leaving you behind I feel like I'm finally going to get up. When you wake up, you don't have enough time to eat breakfast and bite, and most of the time you'll end up with a seasoned soymilk.

Some might say that it's just a shortage of sleep, but most of the time, on average, they usually sleep around 9-10 pm the day before.

However, in fact, there is a wave, I am taking a sleeping pill, and despite being drowsy, I am nervous all night and I can not sleep much, I get up a little late at night, and in full swing from dawn The day when I got sleepy, slept deeply,

and got very sleepy at 8:00 am when I got up, and in reaction to it, I was very sleepy from the day, and dinner was all right, around 6-7pm in the evening It's like we've fallen asleep, sleep asleep, and get up the next morning after 8-9am (or in the afternoon).

If the former becomes drowsy around dawn, if you leave it as it is, you will sleep deeply and will not be able to get up at the scheduled time in the morning, so you will often endure sleepiness and keep getting up until the scheduled time in the morning.

The overall feeling is that you are always weak and sleepy all day long. I just want to sleep without going anywhere.

On holidays, I often go to bed and nap without going anywhere. I got up early on weekdays, wrinkles came on holidays, and I just slept, and I couldn't do anything like hobbies (editing videos, etc.). I feel something empty for what I live for.

Prevention of schizophrenia, murder, and event triggers ... positive symptoms

It is often sensationally reported in newspapers and television news that schizophrenic patients have committed murders. He beat his parents with a metal bat. Even if the murderer is killed, he speaks incomprehensible things, so he will not be guilty of not being charged with criminal liability, which seems to be creepy again and seems to be fueled and reported . To be clear, as a patient, I'm disappointed.

From the patient's point of view, the occurrence of such murders and biased reporting are undesirable because they cause prejudice and discrimination, but the positive symptoms that caused the positive symptoms of schizophrenia were Unfortunately, if the patient does not commit murder, if left alone, it is quite likely to cause a serious incident even if it does not go to murder, unfortunately admitted from the patient's own standpoint Must be.

In the case of the writer, the mother came to her room with a belt at the timing of being pushed into her own room at the time of being squeezed by her parents from the hospital at work and being imprisoned by her parents at home, because of positive symptoms coming out. At that time, the inner voice of the hallucination said, "My mother came to kill you by fastening my neck with a belt. Run away sooner." So I jumped out of my parents' house and fled around for a while. My bare feet and my feet hurt, so I was forced to return home.

With such feelings, the killing words such as "kill" and "killed" are flying plainly in the head of a patient with a positive symptom, the patient is terrified, and trying to get out of the state, something Awaken. That is, for example, murder. If the inner voice of the hallucination is ordered to say, "If you do not kill your parents, you will be killed!" The inner voice of the hallucination is absolute and irreversible for the patient, so murder (including attempted) Increase the likelihood of going up.

It is also a problem that patients with these positive symptoms often lack wisdom.

However, since patients are often heartless, there is a lack of boldness in initiating the incident, which can be said to have prevented the occurrence of the incident.

In addition, these psychological states that cannot afford to be killed can be almost completely eliminated and lost when patients are given medicines or drinks that work for positive symptoms, and it is possible to completely restore normality, I hope you know.

So, even if a patient goes wild or resists, it is necessary to take them to the hospital anyway, without the surrounding people being nervous. If possible, the ambulance and the police cooperate, and when the patient and the family are informed that they are rampaged, the ambulance and the police cooperate and somehow squeeze the opposing patient into the hospital and put it on the ambulance. It would be nice if you could take them or make a system. It feels a little inhuman, but I think it is unavoidable that the patient has no insight and is on a rampage. There seems to be a way to use a private "psychiatric illness transfer service" for this, but it seems that it costs about 300,000 yen per time. Some patients swing their kitchen knives and go on a rampage, so these measures seem to be expensive.

Injecting and administering special drugs (such as Serenases solution and Risperdal solution) at the hospital completely eliminates the incapacitated psychological state of the patient and eliminates the possibility of murder and serious incidents.

However, once it is resolved, there is a problem that the patient stops taking the drug, thinking that he / she has already healed, and dangerous positive symptoms recur.

By the way, when the positive symptoms subside, the negative symptoms begin to appear instead. I think that patients with a negative symptom do not feel like killing those with a positive symptom, and murder is unlikely to occur. Instead, it's almost impossible to sleep, do nothing, or even die. Schizophrenia can be described as a murderous disease (a disease that kills a patient) in that the patient becomes like a dead dead person.

In a conversation with another person, I can nod or return only to the parrot ... Poor speech and conversation

When I talk to other people, I can only nod to the other person's story or return a parrot as it is told. The writer's head is emptied and nothing is coming up. If your opponent is talkative, you will have a break, but if your opponent is silent, you can do nothing.

I think it's because of negative symptoms or cognitive dysfunction, but it's a problem. My head has stopped working and I'm stupid.

A book that explains the obstacles of schizophrenia patients well

As a writer, I personally like the following books:

"Schizophrenia" by Takashi Okada

Here, from the history of schizophrenia to the latest circumstances, I think that it is compact, easy to understand, cheap, and good. There are many details, such as detailed and plain explanations about cognitive dysfunction that could not be understood without reading specialized books for doctors, and the surprising fact that the degree of cure of the disease is high in countries other than Europe and the United States that are developing, rather than in many cases. It is recommended for both patients and their families.

`` Psychosis '' Yoshika Kasahara

This is an old book, but it is recommended because it is compact and cheap, and the contents of the symptoms of schizophrenia are clearly explained concretely. By the way, when I read this book, I realized for the first time that my true name was schizophrenia.

Tinnitus persists

I feel like my tinnitus got worse after I got sick.

The sound you can hear is like "shah, shah, shah," and you can hear the screams of the bears at their peak in every direction, even in winter and in the room.

I feel that the sound that was the inner voice of the hallucination has changed to tinnitus, but I do not understand the cause of the sound.

I guess it's a harsh sound, but it's a problem.

Timid, shy, timid in interpersonal relations, impatient, sensitive to the pressure from the surroundings ...

Many people with schizophrenia are small-minded, small-hearted, shy, discouraged, and cowardly to others.

I think this is related to the fact that patients tend to be unable to build good interpersonal relationships, tend to be isolated, and lack supreme courage to commit suicide.

I think that I would be isolated because I couldn't talk to people around me who might be interested in myself. I think it will be easier to feel the psychological pressure from people around me, because I am isolated without any means to help.

The hallucinations, such as hallucinations and relationshipsensitive delusions, are associated with the patient's own feeling of pressure, as the surrounding people overwhelm and overwhelm the weak-minded self. I think there is. I think that the inner voice of the hallucination may be the incarnation of a person who is afraid of the patient's interpersonal pressure.

In my case, at the workplace where I worked, I was distracted by the people around me, I could not communicate well, I was isolated, I felt like he was a weird person, and I felt like psychological dislike from others I was starting to feel the pressure.

At that time, I got clogged up and bored a hole in my very weak phone prototype-related work.

Therefore, it triggers people around me to think that I'm bad about me, and it's an atmosphere that all casual conversations of people around me are all about myself. I came to think.

Finally, it seems that the voices of the central person, boss, and the Lord, who collectively lead the conversation of evil talks to oneself (feel like) emitted by such various people around, are heard. It is now

I think that such psychological stress was the trigger of the onset.

He talked about the author as saying, "He is a different element of the workplace group, incompetent, and will you go to somewhere else quickly. For example, what about the department of XX or the company of XX?" No, it's impossible. There's annoyance to those guys too. Is the department of XX more suitable? "Now, it is impressive.

I was listening and I was hearing only the hallucinations that were very miserable, I was able to endure it, I was completely upset, I tried to flee from the hallucinations desperately, such as wandering over the commuter train that I do not usually ride That would mean that the people around me were scared and depressed by me.

There is no context in thinking, thinking is not integrated ... Origin of disease name

In my case, thinking about one thing, another thing that is not directly related to it suddenly floats in my head, it quickly becomes dominant, and as I think about it, It's not completely unrelated to it, but it's a completely different thing that comes to mind again without any context, it becomes dominant, and the previous thought sinks somewhere ... It floats one after another in a disorganized, unintegrated, divided state.

Therefore, it means that you lose schizophrenia or get sick, and it is called schizophrenia (schizophrenia).

Personally, I feel like it represents only one aspect of the multifaceted symptoms of schizophrenia. I feel negative symptoms or leaks.

Repeat the same thing, said before, forget to write ... same as dementia, dementia

Looking back at my blog, I often find that I often forget what I wrote before, and then write it again at a later date, as if I

had come up with it for the first time (Talk of stuporous temperament).

It seems that the feeling is similar to the elderly with dementia, which is a bit disappointing. I think it's due to cognitive dysfunction that makes memory-related abilities suspicious. Are there any effective medicines?

Also, right now, I open the blog editor and write this sentence, but at this point, I can hardly remember what kind of sentence I have written on my blog so far at this point in my mind (Although it came out a little before). Nothing comes out, so the sentence is over.

Schizophrenia Patients and Pet Care

How many schizophrenic patients have pets and keep them well?

At least for the writer who has negative symptoms of reduced thinking and motivation, dogs and cats are unlikely to be kept.

I'm feeling very dull, tiring and tired, so I don't have any desire to keep or take care of it in the first place.

You have lost the energy, stamina, and intellect to maintain care.

Or rather, when I'm with my pet, I feel like I'm really tired of taking care of myself and taking care of it.

In other words, even if the patient's own body is not well tamed or cared for, but another pet comes in as a load, it will not collect.

There is absolutely no feeling that he will be healed by the side, and he wants you to go somewhere early, disturbing and disturbed. After all, I think the sense is abnormal.

All the pets that will come to the author are completely neglected, they do not feed easily, they do not wash their bodies, their bodies are all-dirty, they are hungry, and they are all starved. All will die by killing everyone. Or are you going to throw your pet out and throw it away, stray cats, stray dogs, or mass production?

Either way, pets are annoying.

By the way, plants do not have the energy to take care of them, so they are all likely to wither without watering or left unlimitedly.

What I can do, at best, is to wake up the beetles, stag beetles, kanabuns, and ladybirds lying on the roadside and flapping their feet and help them to walk and fly again on their own. Maybe it's a temporary relationship and you don't have to care for a long time.

Diet for schizophrenia patients and heavy use of minerals, vitamins and supplements

The writer has trouble with shopping for food, eating and cooking because of the progress of negative symptoms, so he eats only okonomiyaki, spaghetti, or sweet bread of frozen food, poor eating habits, nutritional bias I'm

sorry. That's why I buy minerals and vitamin supplements and drink them everyday to keep my nutrition balanced.

In fact, because I eat too little, I get anemia, I drink iron supplements every day, cheap ice cream with a lot of fats, etc.It is hot and my appetite does not progress as it is, so I eat a lot as a measure Because of dyslipidemia, drinking cholesterol-lowering drugs can be a chore or a mess.

Recently, I have been taking large tablet-type supplements that can take various types of vitamins and minerals at once. Dietary habits tend to be biased, and supplements are cumbersome to drink.

I drink the following nature-made supplements: It may not be the best supplement, but it is useful because you can get a reasonable quality at Amazon mail order at a relatively low price while staying at home.

However, among these, multivitamin and minerals have a large pill and feel like sticking to the throat (although it can be swallowed somehow). Iron is a normal tablet.

I think it's okay to just rely on these mineral and vitamin supplements.

You can't get protein. Is it okay to drink one soy milk in the morning?

Can carbohydrate energy be managed by sweet buns? It seems that calories are high even if you only eat one.

• • •

From the conclusion, it is clear that eating habits are poor, and if you keep this, you are likely to break down and die early. How much can a supplement count on?

But I don't feel sick with my meal.

On the other hand, depending on the medicine (Zyprexa, etc.) that you drink, your appetite may increase so much that you may not be able to eat or eat, and you may become fat and diabetic. It looks like a person, depending on the patient. What I am troubled to eat is a medicine called Invega.

Care for schizophrenia patients and elderly parents

My mother is almost 80 years old. I'm a member of the elderly and I'm still in good physical condition, but I'm feeling a bit nervous in my mental condition. And began to insist that someone was mischievous.

As a writer, I don't know exactly what is the true story and where is the cognitive error of things, and at present, I live in remote places, so I have no clue about the clues.

Is this a symptom of dementia?

If you have dementia, I think that the child's writer is required to respond to nursing care, but the current situation is that the energies, physical strength, vitality, and intellect that are sufficient for nursing care are negative symptoms of illness and cognitive function. In a situation where everything is inferior due to disability, I can't help but care for my mother.

Regardless of whether you communicate with your mother or ask her anything, you'll get the impression that it's barely possible to return a living reply and that the conversation that presupposes nursing care is not well established.

In fact, I am the writer, I can not get up all day long and just sleep on a futon, I feel like I can not go anywhere because I am withdrawn from home, and my life is in a state of collapse. Like a mother, I feel like I go to the care recipient.

In such a case, can we leave everything to the welfare caregiver because the writer does not have the ability to respond to care? If I can leave it to me, I guess the old mother is more happy than the writer of a sick person who is usually full of weakness and can not care and care for the elderly.

Or will your parent's care be returned if you take responsibility for yourself, even if your child is sick?

Or will the helper come whenever I pay? I feel that the cost is not stupid. Maybe when it's my parents' current financial situation.

It may be possible to enter a geriatric health facility where the cost burden in remote areas is low, but it will be difficult to go to see his mother.

Violent hand tremors when nervous

Today, at work, I was required to go alone to a place I was not accustomed to, and suddenly meet the first-time people to explain the contents of the documents I created. From the beginning, I was nervous, but two people asked me a lot of complicated questions and requests, my head was confused, and I wrote down what I was saying in a memo note by hand. I took out a cheap mechanical pencil and tried to start writing. Soon, my hand began to shake with tremendous momentum, completely out of control, and I could not stop at all. Of course, I can't write memos / notes properly.

The notes and notes had scribbles of unknown meaning, and I could not read at all what the text was.

For the time being, the next question came, so in order to respond to it, I stopped my hand and tried to answer it verbally, but I was stuck because the matter came to my head and I was stuck, every time the other person The feeling of getting the words of confirmation from us like a sword continued. In the meantime, the trembling of the hand managed to subside temporarily.

After that, while looking at the material I created (I can not answer anything seriously if I can not see the material), I desperately managed to say an answer and keep a pause.

Eventually, the meeting ended somehow, and the other person repeated the confirmation again, and it managed to take a handwritten note (the hand still tremble, but the trembling stopped). Also, later, I was to send confirmation items separately by e-mail, and I was grateful to the writer who was already volatile about the contents of the meeting.

So, when I got nervous or faced the first unexpected situation, I knew that it would come to me that a violent hand tremble would come, and I was guite disappointed.

The fact that Hiberna dragees, which are said to be effective in shaking hands and sensation in the whole body, could not be awakened in the morning due to a deep sleep in the morning would have backfired by reducing the amount from 25 mg to 15 mg. Do you? I was in trouble.

Hobby of schizophrenia patients

What are some of the hobbies of schizophrenic patients?

Basically, I think it's easy to avoid direct social relationships, hobbies that involve close relationships and group activities.

It feels like avoiding human body contact and escaping into contact with machinery and mechanisms. In my example, are my hobbies such as railroads and buses? After that, you may like to enjoy the reaction by touching the same machine or mecha in various ways. Is that my hobby of tinkering with personal computers and digital cameras?

Or, avoid interaction with real human beings, and feel satisfied by seeing pseudo-interactions with virtual characters and seeing the success of virtual characters. In my example, do you like watching anime and comics?

When it comes to music, I like the loneliness that is not popular (lonely) and is a bit lonely. Do you like the music of Scandinavian Finnish Sibelius? Or they like orchestra-only songs that don't feature human vocal music.

After that, if you have negative symptoms, you will be stiff, unable to exercise and go out, so avoid outdoor sports and avoid going indoors, reading or watching videos.

Or, if you have a negative symptom, you will lose motivation and persistence for your hobbies, so it's like avoiding feature films and novels that require long-term concentration.

Interpersonal characteristics of schizophrenia patients

What are some of the interpersonal characteristics of schizophrenic patients?

One is to limit or avoid interpersonal relationships and interactions. They only meet online and do not meet in person, or they only interact when needed and do not usually meet.

I think there is a tendency to minimize human interaction and avoid contact with each other as much as possible. I think that it can be said that it is a withdrawal thought by socializing.

Interpersonal exchange is a waiting posture, basically you do not work on your own, and you will feel like you are working desperately to approach the other person only when you are absolutely in trouble.

Also, I think that you open your mind only to those who you trust and those who are okay, and close your mind to others.

People tend to lack communication due to interpersonal relationships, are communication disorders, and are also fearful of people.

Sometimes they don't actually meet with one another, they think they'll meet virtually, have a virtual conversation in

their heads with a virtual partner, and do it alone.

As much as possible, I don't talk with people. It's like a quiet, quiet person who doesn't know what you're thinking.

Why schizophrenic patients avoid personal contact

What causes schizophrenic patients or people with schizotemperament to avoid personal contact?

The explanation is divided into prodromal stage, positive symptom stage, negative symptom stage and cognitive impairment.

"Precursor-positive symptom stage"

The purpose is to prevent the boundaries between oneself and others from being unclear, and to make it easy for oneself and others to slip through.

There is a feeling that the thoughts in one's mind are transparent to others.

Conversely, there is a feeling that the thoughts of others (that is, created by the patient unknowingly imagining it) quickly penetrate into one's mind.

It is a feeling that penetrates directly without going through dialogue with mouth, eyes, letters and pictures.

In this case, the other person is not necessarily one person, but may be an unspecified number of others or groups around the person. There is a feeling that mixing and confusion between oneself and others occur.

Such self-defense from the sense of self-other interpenetration can cause patients to close themselves from the outside and avoid interpersonal relationships.

Positive symptoms can hardly prevent the generation of selfother interpenetration sensation, making it easier for others around you to feel that the inside of your body has come out of the cylinder.

At the same time, the internal thoughts of others around you (unconsciously imagined by the patient side) speak in their own voices as if they were themselves, without going through the sensory organs of the mouth and eyes and ears. Feeling (inner voice).

This inner voice is often scary to deny the patient's own personality, and it is scary to meet others because the patient can not do without listening.

"Negative symptom period"

This is because their motivation and thinking ability decrease, and they do not have the energy to meet and talk to others. It's awkward to talk to people, and it keeps me feeling like I just want to sleep silently and silently.

"Cognitive impairment period"

When cognitive function declines and you meet a person, there is a feeling that the other party's story does not settle in your brain and flows quickly, or what you want to say yourself becomes pure white in your head Will not come out, and a decent conversation will not be established.

Each time, they try to avoid as much as possible to cause mental damage to the patient themselves (recognized that they cannot do this).

(Single note) I like tinkering with computers and digital cameras

Isn't there a lot of schizophrenia patients who like to play with computers and digital cameras?

I'm not good at interpersonal relationships, but I think it's great to be able to interact with other people as responsive, interactive, and operable objects.

Virtual Character Addiction: Animation and Game Character Love and Schizophrenia

I think that there are similarities between people who like animation and game characters such as 2D and schizophrenia patients.

That is, they are not good at interpersonal relationships and heterosexual relationships of real life, they are associated with virtual characters, and escape to pseudo communication.

When you actually run away, you will feel like the following.

I think it's quite common to have a romantic feeling for a virtual character (Mr. XX in anime is my bride). When you

want to see a virtual character, when you are lonely, you can meet anyone at any time without any separation (such as Hatsune Miku). In comics, anime, and games, virtual characters look beautiful and beautiful because of their sophisticated sophistication. It's not a cumbersome person to handle, so you can meet only when you want to.

It's easy to feel like you've monopolized your opponent's character in love. In the first place, the virtual character smiles to everyone in the publisher's sales strategy, so I think it is unlikely that you will lose yourself by competing for multiple same-age rivals and characters of the opposite sex.

Sex with virtual characters of eroge is also virtual sex while watching the screen, not live sex, so direct contact between flesh and genitals between live humans, sexual harassment and rape, sexually transmitted diseases, pregnancy and other serious situations It is good to be able to stay away from you. Even if you don't use eroge, there are quite a few people who can self-generate (masturbate) just by the appearance and voice of virtual characters such as anime.

Since the virtual character seems to have sex with anyone and is not really with anyone (well, some virtual characters are already set up with the opposite sex in the settings), in such cases the virgin settings If you like it, you will be addicted to it.

The good thing about virtual characters is that you can automatically contact thousands or tens of thousands of lovers at once. I am very grateful that schizophrenic patients who are afraid to meet the opposite sex will be able to feel as if they were a simple partner.

Also, when the real voice actor in charge of the virtual character's voice gets married, I feel like I have lost my feelings like the various affections for the virtual character that I have been talking about for a long time, denting and screaming It seems that many people do it.

When the distinction between virtual characters and real humans gradually becomes less and less likely to happen, it seems like a shock. Is it a problem that can be solved if the voice actor becomes a voice-synthesis voice synthesizer? It seems that you have become much better speaking recently. Well, this time, the marriage problem of the voice actor of Voice Lloyd comes out.

Escaping reality from such a relationship with a living person and a kind of easiness of living (= escape from inability to live) are allowed because the opponent is a virtual character. So, and there are some aspects of people with disabilities who can't live without actually interacting with real human beings, I feel that it is hard to find a solution to the real difficulty of living.

Living idols, actors, and actresses are living people who are full of various desires (I want to stand out, I want to meet only the people I want to meet, I want to rest when I'm tired, I want to go out with my favorite partner and have sex) However, it's difficult and difficult to handle, and it's hard for fans to meet directly because we have to consider such things.

Well, I guess virtual character addiction is the answer to this situation.

(Single note) Schizophrenia and autism

I think there are some similarities between schizophrenia and autism.

The point is to lock yourself out of the outside world and retreat to the inner world.

Neat, withdrawn and schizophrenic patients

I think there are some similarities between neat, withdrawn and schizophrenic patients.

It's a tendency to stay out, not work outside, and stay inside.

Positive symptoms make you feel like you're being watched by others, and you're scared, unable to get outside, and withdrawn.

Negative symptoms mean that you're less motivated to do something, you're less likely to go out, and you only have to lie down in a futon all day. Naturally, it will be in the same state as withdrawal. Since she can no longer work outside, she appears to be the same as a neat person who does not work.

I think that some of those who are being accused of living as a neat or withdrawn person are, to some extent, schizophrenic.

Schizophrenia and gazephobia

I think people who are prone to schizophrenia tend not to look at others and avoid eyes.

I think they tend to hate and avoid others' eyes. I think they tend to behave in a way that is not seen by others.

I think you tend to hate being watched by others. The pressure is to be able to keep watching. I'm scared.

I don't want to see it, but I also feel like being monitored from around.

Somehow, others seem to be able to see themselves, and the boundaries between themselves and others are blurred, and they don't want others to start breaking into their hearts and try to avoid them I think psychology is working.

By the way, one of the triggers for me to develop schizophrenia was that I was angry with the next person who was in conflict with my job at the company and did this every day.

* October 2014 Since then, I have been taking a combination of ABILIFY and Lynton due to poor physical condition, but this symptom has started to occur considerably. Thanks, I can not go out satisfactorily. It's hard to meet people on the train. The situation is a bit more serious because the commuter trains on board are crowded. Do you have to change the medicine?

Mental handicapped welfare handbook, free public transport,

discount pass issuance, on-the-spot discount by presenting the handbook

Currently, in the city where the author lives (in Kanagawa Prefecture), if you have a welfare certificate for the mentally ill, you can get a free pass on a municipal or private bus that runs in the city. You.

The writer, once a year, shows his notebook at the ward office and issues a pass, and he gets on a route bus running around his home, but I am very grateful that it is a very appreciated service.

If you have negative symptoms in schizophrenia, you will have trouble doing anything and will not stay out, but thanks to the free pass, I think that you have more opportunities to go out.

In particular, my home is on a high hill, so it would be difficult to walk and climb it as it was, and even if I was ill, my body was heavy and tired easily, but the damage was great, Route buses that you can take with a free pass are very useful because they take you up the hill.

Some cities seem to be paying for financial issues. I think that the city where the author lives will be charged next year, but I will use it because it is still convenient.

In some places, like Tokyo, the free pass is only the Toei Subway, Toden, and Toei Bus, but at first glance it seems very convenient, but in fact, the Toei Subway, Toden, Toei Bus is , All of them are not running unless you go to or near the city center.

Persons with disabilities in Tokyo (such as the Tama district) seem to be able to use a local bus that runs through local

municipalities at a discounted fare by presenting it on the spot in the city's notebook. I'm sorry.

In Tama New Town or in a town with many slopes, if the bus is Keio Bus or mentally disabled, it seems that you can use it with 5 discounts.

Or buy an expensive electric bike to make it easier to climb the hill, or drive drastically. In car driving, if you have schizophrenia, the examination will be strict and it will be difficult to ride.

Can't go out, can't go on a trip to a remote place ... negative symptoms

Since we got sick, we have rarely been willing to go on a long or long-distance expedition.

I lived in a city in western Hyogo Prefecture for more than a dozen years after my illness, when I was relocated to my company. However, I tend to stay locked up at home and almost never go out. I did. I don't think we had any social relations at all and we were just isolated.

Was it too big that I couldn't drive a car because of motor nerve damage?

About 17 years while living in western Hyogo,

☐ Kyoto (2 hours by train) About once every 10 years. Go out on a business trip. There is no energy to go to sightseeing spots.

☐ Osaka (1 hour by train) About once every two years. I went to a large bookstore and a large home electronics retailer located only in central Osaka, because my wristwatch was broken and I had to go buy it. After that, I wanted to see the Nihonbashi Electric Town once.
☐ Kobe (30 minutes by train) About once every six months. CD store in Sannomiya, Junkudo bookstore, Sofmap in Harborland. I hardly go to any other stores. Occasionally I got on a local bus.
☐ City center of residence (10 minutes by train) About once a month. There was a psychiatric hospital, so I stopped by Junkudo Bookstore and CD store just before going to see a doctor. I was scared to enter a local specialty restaurant, so I hardly went.
Around the home in the city where you live. I went shopping at a grocery store in front of the station, sat on a bus before the train arrived at the station, and went home. On Saturdays and holidays, take a local bus to a nearby shopping center for shopping. A grocery supermarket close to home is about once every two days.
☐ Kakogawa (15 minutes by train) About twice a year. It seemed that she was looking forward to going to Kinokuniya Bookstore in front of the station and to a shopping center a little further away with green electrification.
$\hfill \square$ Himeji (40 minutes by train) About once a year. I was looking forward to eating near the station and going to a CD store away from the station.
With that feeling, I can only go out at very short distances, I think that it is quite negative and severe.

Between the city of residence and Kobe and Osaka, it was difficult to sit down because the trains were crowded, so I avoided them. When I was standing on a train, I was tired of my body and had no energy.

If I went out, I would usually return to my hometown in Kanagawa Prefecture about once every three months, and at this time, I would usually sleep on the Shinkansen going back and forth. I think I was just sleeping at home.

Also, a few friends from the Kanto region often took their own private cars to a scenic place where the sick people like us could never go by themselves. I was really grateful, but on the way, I was stunned and I felt that there was hardly any decent conversation with my friends who took me there.

Even after returning to the Kanto area, there is a similar tendency. Currently, I only go to the center of Tokyo when I am invited by a friend or when I can not remove it. Is it your character? You don't have to walk around the city or do any shopping, just go back and forth to your destination by train and bus.

Usually, on days when I have no work, I often stay at my home in Kanagawa and end the day without going anywhere. Of course, you can hardly go to sightseeing spots such as Yamanashi, Nagano and Shizuoka by yourself. I'm very grateful and grateful that my friends sometimes take me to the drive. However, the body only has one day at most, and if it is more than two days, the body becomes like a stone and can not respond.

Even on rail trips, day trips in the vicinity are the limit, so it is difficult to control sleep such as overnight trips and sleeps two or three days, sleep wake-up time, so it is impossible to get on the train that you should get on ,Can not go.

Before I got sick, I loved getting on trains and buses, and I think I went there almost every week, but when I got sick, it was really bothersome to go, or the engine needed to go was mental I'm completely disappointed and honestly disappointed.

After that, my cognitive dysfunction makes my head ridiculous, and when the itinerary is a little complicated, I can't immediately remember it and get incomprehensible, so I can't go on a long itinerary trip.

Complete a meal with just one drink

I often find it difficult to enter restaurants and cafeterias that involve some kind of interpersonal negotiations, so I often buy cheap drinks at an outdoor vending machine, drink a single drink, and then replace it with a meal.

I feel that my interest and attention to food and taste are gone. If you can live anyway, your diet has degraded to the point where the simplest and easiest nutritional drinks, jellies, fish sausages, and vitamin and mineral supplements seem to be enough.

Become insensitive to dress and cleanliness ... Negative symptoms

If you have negative symptoms of schizophrenia, you may become insensitive to your dress, do not get fragile, leave your clothes loose, wear clothes in a sloppy room, or go out and do not wash for at least one week. People often go out of the office or outside without even noticing that socks have been worn over their pants with their pants and pants protruding.

Or it is insensitive to keep the body clean, it is natural that you do not take a shower or bath for more than 3 days, your head is greasy and sticky, the hair is all you want, the body is itchy If you rub your body with your toes, you won't be bothered if black dirt and fat stick to your toes. Sometimes you get on a crowded train. It is filthy and useless.

Sleep time is disturbed, I just can't sleep ... I can't get up on time

Schizophrenia disrupts sleep hours. One day, from 9:00 at night to 9 am the next morning, I slept for 12 hours, but on the next day my head was clear and I couldn't fall asleep forever, and eventually I fell asleep at 8:00 the next morning. , I'm going to sleep until 6pm. At night that day, I sleep at 10 o'clock in the evening and get up at 10 o'clock the next morning, so my sleep time and wake-up time are indeterminate and messed up. The prolonged sleep time and the nervousness of falling asleep on the way, and the uncertain time to sleep can be mixed, resulting in great confusion.

When you commute to work, you have to get up on time, but it is very difficult to keep it. I fell asleep during the working hours of the company and still slept shortly, but I slept early

on that day, but I couldn't get up the next morning, or I was worried whether I could wake up at the next morning at a fixed time. You can't sleep at all, your head is heavy and dim, you keep getting up all the time, and you suddenly fall asleep at dawn and fall asleep, and you won't be able to get up on time.

We have introduced sleeping pills and stress relievers, but they have become sleepy and effective, but deep down in our heads, our consciousness persists, making us feel like we can't sleep. The company's attendance has been greatly disrupted, and it is not stable.

I wrote a sleeping pill today, but I couldn't sleep all night, and I suddenly fell asleep at around 7:30 am, and I think I'll be sleeping soon.

I can't confide the name of my disease

It's difficult to tell others about having schizophrenia.

Anyway, if the healthy people around you have a big negative consciousness and vigilance about schizophrenia and are in a mass of prejudice, if you confess, it is not a discrimination or persecution Is clearly waiting.

To my relatives, at the time of our onset, no information about the true symptoms was given because our parents had described the degree of mild neurosis or distorted explanation.

I'm worried about when to cut out the truth. The mother who survived his father's death has not yet emotionally accepted

his son's mental illness and seems to be afraid to be revealed to his relatives.

When my mother died and went to a funeral, I wondered if I could tell my relatives, but I'm going to be repulsive and scared.

It would be nice if there were any benefits to confessing that you have schizophrenia, but it's almost none. What we are waiting for is not too much of a future.

As a countermeasure, I have no choice but to ask healthy people to know the actual condition of the disease and to release their caution. Some symptoms are not related to intense symptoms like negative symptoms (although they are scary as well as positive squid symptoms).

Academic deterioration due to illness ... cognitive dysfunction

I would like to go back to college in the future and study interesting things for a long time.

Standing there is cognitive dysfunction.

In particular, the ability to reproduce the stored contents and ability have been devastatingly reduced, and academic ability has been significantly reduced.

High school exams also seem difficult.

Anyway, my ability to remember what I need to learn and recall and present in other situations has been destroyed, so

I don't think there will be any decent communication between teachers and students or between students.

Even if you try to get into a university or something else, you are likely to be out of school early because of environmental incompatibility.

I believe that the private research results that we have accumulated so far will not be used anywhere and will be discarded. Relative young people will not want to maintain the mysterious mystery that the squid made.

I'm wondering if there's no point in living, and recently I've often been throwing at random.

I think that there will be a drug that will help cognitive dysfunction as soon as possible.

Not good at involving others, not good at relying on others actively

People with schizophrenia tend to avoid interpersonal relationships, so it's difficult to involve people around them and carry out some big projects. In the case of the writer, I was not good at school festivals and projects beyond company departments.

If you are not good at interpersonal relationships, you will not be able to rely on others, you will not be able to rely on others, and you will tend to think about doing things alone and tend to be isolated from others. He is good at personalized work. There is a side in my heart that I'm waiting for someone to come close to my isolated self, to be okay or to speak, or to worry. Also, even if you are worried, you may not be able to speak to yourself, and you may avoid meeting them.

The inability to cope well with others lacks the agility to respond quickly to changes in the surroundings, and in real life, people tend not to like change and risk and tend to be conservative. On the desk, I like to think about various risky things and think about bullish claims, but it is online Benkei, but it does not involve execution. There is no execution ability to change the current situation.

This indicates that patients with schizophrenia lack the ability to do so due to a lack of human resources. For patients, it is possible to procure material resources, not human resources, as soon as they have the money and skills, without interpersonal negotiations. In the case of the author, procurement of a digital camera and a personal computer is a hand.

Schizophrenic patients who have difficulty going to the hospital from themselves

Schizophrenic patients are often told by themselves that they do not readily go to the hospital. The cause is,

☐ First of all, I do not feel that I need to go to the hospital because I do not have any medical knowledge or awareness that I am ill. My inner voice constantly says "Don't go to the hospital," so I don't want to go.

It would be good if you were just taken to a hospital, but if you were detained and admitted to a closed ward, you would be scared or trauma. It may be too miserable that you may not be able to survive.
I don't want to go to the hospital and be diagnosed with something serious and unpleasant. If you have a socially contraindicated mental illness like schizophrenia, your pride will be hurt and, above all, you will not be able to recover from shock. Doctor scared.
I think there is something like rear,
☐ I feel better with the medicine I got, so I don't have to go to the hospital anymore and get the medicine.
I think there is also a pattern.

Basically, people around you are often very annoying, so I think it is good to have them go, but the problem is how to take patients who do not want to go to the hospital.

I think it is necessary to do a test for schizophrenia first.

- (1) A doctor or nurse at a hospital visits the patient's home,
- (2) After temporarily restraining the patient so that they cannot be rampaged or moved,
- (3) Ask the patient or their family members to fill out a questionnaire based on psychological diagnostic criteria,
- (4) Based on the content, the medical side interviews the patient or his family,
- (5) In the case of disqualification, perform an immediate intramuscular injection of a psychotropic drug,

(6) After that, the patient is temporarily hospitalized and escapes the positive symptom stage.

I think in my experience that such a procedure is good.

Schizophrenia patients and car driving

When a disabled patient drives a car, it is necessary to declare that he is sick, such as renewing his license, and issue a medical certificate that it is okay to drive by a doctor, which is quite troublesome. You.

Does a sick patient mean not driving a car?

Also, in the case of the writer, it is said that the medicines I take (such as Invega and Hiberna) cause drowsiness and reduced attention, so please refrain from getting a driver's license or driving.

By the way, if you look at today's NHK close-up modern program, the recent motivation for driving a car is that you want to ride a cool car from a while ago, shopping, going to hospital, etc. They say that it is changing to recognition. The driving motivation of a disabled patient should be close to this.

Automakers are evolving rapidly, such as autonomous driving based on IT technology and support for driving mistakes, and are moving in a direction where machines and artificial intelligence designed by engineers all work well without human driving. It looks like

I think this will be a great help for disabled people to make driving easier. Even now, people who have been stopped driving due to the side effects of drugs like me do now seem to be approaching a day when they can get into a car with a much easier driving lesson than before.

As a patient, we are just waiting for commercialization as early as one day.

Schizophrenia, grumpy solitude, pseudo-dialogue, laughing alone

People with schizophrenia have the image that their own words are constantly being followed.

In a station premises where no one has any relation to the patient, it's clearly creepy that the patient is talking about himself.

This is a brain dialogue, and it is natural to think that you are talking in your head with a person who is not directly in contact with you, who is not visible.

The first is that the inner voice of the auditory hallucinations heard in the case of positive symptoms has a somewhat independent personality and responds to the patient side, so I think that it can be seen from the surroundings alone.

After that, it seems to the patient that the black gossip constantly flowing around the patient is flowing around the patient, and since there is no courage to go directly to the surrounding people to erase those gossips, use the brain Speak in a whirlwind manner so that you can communicate your circumstances. Of course, the contents are not well

transmitted to the people around them. Only the creepy figure that speaks jumbled will be reflected.

In addition, people with disabilities are worried about people who have not met for a long time, such as friends who have been dating in illness and who have not been contacted much after illness, I often do one-person conversation simulations to find out what kind of conversation I will meet the next time I meet.

Anyway, patients are not good at interpersonal relationships, they are unlikely to be able to meet with the other person, but they are worried about the other person, so patients who want to meet if they can meet, patients are few but highly important I often have it in degrees.

Such a simulated dialogue that is likely to be exchanged with an unreachable partner is simulated in one patient in various ways, and in such a case, it may be developed into such a story, in the form of dialogue exchange It will output, but at that time, if a voice thinking about the patient's conversation leaks out, it will look like a creepy monologue.

Also, if the content of the simulated conversation is fun for the patient, the face will laugh and the person will laugh. The fact that the patient is grinning alone and uncomfortable will have something to do with this.

Such conversational simulations often add to the patient's wishes, and tend to consider the patient's self-centered happy ending. This is extraordinarily selfish and impressive when viewed from the surroundings.

After that, there is a pattern that interesting words that came up on the spot leaked from the mouth just like Dajare and Oyajigag. Such an idea leads to grinning laughs alone.

Well, except in the acute phase of positive symptoms, I am not thinking about the danger of becoming so harmful to society, and it is a pseudo dialogue that cares about those who can not usually meet with the patient's circumstances, so I have such a bad impression I don't think you need to have it. Well, solitary talk has a similar aspect to common people's conversations in a car on a mobile phone, so the impression may be worse in that respect.

If you meet the person of the most healthy person directly, you will be thrown into a place of conversation with things that you can not remember well due to cognitive dysfunction, so there is something that can be done.

In such a case, I would be grateful if an electronic Internet conversation site was provided.

I can't take a bath forever, can't take a shower, can't brush my teeth ... negative symptoms

For me, taking a bath or taking a shower is irresistible because of the negative symptoms of retreat. Even if you know your body gets dirty, you want to keep out as long as possible.

After two to three days without a shower, your hair and body will feel itchy and irritable. You will not be able to endure very much, but given the weight of the work afterwards, you will not be able to take the railroad crossing until you enter

the bathroom, it will be late at night, and you will finally be able to enter.

Naturally, my life pattern is disturbed, but until I decide to enter, my head is always nervous and I feel like I'm struggling in or out of my head.

Washing your body requires a certain amount of power, and you need to prepare bath towels, change clothes, and wash dirty laundry all at once.

Above all, getting into the bathroom and washing everything from your head to your body with a shower is a tiring and tiring process.

Although the refreshing feeling after washing is wonderful, this refreshing feeling has been completely forgotten before taking a shower next time.

By the way, bathing in a bathtub is troublesome because it takes time and effort to fill and drain water, so you do not soak in hot water in the bathtub. After that, the bathtub was filled with hot water (water), but if the hot water (water) was drained for cleaning, a large earthquake would come and it would be difficult to run out of water due to water cutoff. Sometimes you can't use the bathtub because you haven't.

What encourages me to take a bath is the metropolitan area trains that I have to ride every day to work for the company.

Anyway, there are a lot of passengers and it feels crowded at all times, and the seats are often packed with stuff. In this state, if the writer rides without bathing, it is expected that the surrounding passengers will be seriously annoyed by smell and dirtyness, which is the driving force to force the writer to bathe.

Also, since the office at work is too small, I wonder if it affects other people in the office.

If bathing can be automated by robots, I believe that the sick patients will be able to be more clean.

The same is true for brushing your teeth, and despite the fact that it is desirable to brush daily, you will only have the energy to brush it once or twice a day. In addition, since it is troublesome to brush by hand, I brush with a cheap electric toothbrush (Sunstar) and alveolar purulent prevention toothpaste liquid (GUM) for 3-4 minutes at a time. It's awkward to go to a dental clinic to treat tooth decay, and it seems like I haven't gone for a long time. Will it eventually become a denture?

A good way for schizophrenic patients to communicate with others is online

If you are a schizophrenic patient and want to communicate with others, it is easier to speak online (email, SNS, bulletin board, etc.) than to talk face-to-face or by phone.

For people with schizophrenia who are not good at interpersonal relationships and tend to avoid it, I feel that it is better to have a face-to-face or telephone call that is subject to a great deal of pressure and, if possible, to be more easily connected.

After that, if you have negative symptoms or cognitive dysfunction, thinking ability and memory regeneration ability are decreasing, so even if you meet with others, in real time, topics and nothing appear, Even while talking to

the other party, just continuing to nod like "yes ... yes ..." without force, no decent dialogue can be established.

The internet gives you some time to think about what you're talking about, even if your thinking remains poor. In addition, you can search for information on the topic on the Internet each time to find out and prepare the content. Therefore, you can have a better conversation.

Search for used condominiums and housing complexes for schizophrenia patients

At present, I live in an old estate in the metropolitan area of the UR City Organization, but for some reason I was told by my company that I would work to rent it out and treat it as a company house, so I lived with a high rent.

That means that if you get fired from the company in any way, your contract will be terminated at a stretch and there is a high possibility that you will get lost on the street, so it is good for your family that it is better to move to a cheap second-hand condominium or apartment quickly. It is said.

I don't know how long I will be able to work after the schizophrenia disease progresses, and I want to secure a home where I can live even if my income is limited to disability pensions.

I live in Kawasaki City, Kanagawa Prefecture, and I was looking for a good property in the near area, but there are many difficulties in choosing it. In the Tokyo metropolitan area, real estate prices are high, and it is difficult for writers

who do not have money. I am currently looking for 15 to 18 million yen, but I am running out of money.

I am looking for the sick as hard as possible, but there are not many places that are cheap and livable.

It is the point when choosing an apartment complex and an apartment,

(1) Do you meet the new seismic standards?

Condominiums built under the new seismic standards are limited to apartments a little after 1981. There are many cheap housing complexes around the millions to the lower half of the 10 million yen range, but most of them are clear only of the old seismic standards and are likely to collapse in a small major earthquake.

(2) Is there an elevator? Is it an elevator stop floor?

At first, the apartment I thought was good here in terms of location had no elevator. Another thing I saw was that there was an elevator, but it didn't stop on the floor of the property and had to walk up and down. It seems that it would be more convenient to have an elevator for loading and unloading luggage, and it would be better to have an elevator because it will also support walking when aging.

(3) Are management costs and reserves for repairs reasonable?

Approximately 20,000 yen is appropriate for both, but an apartment with a mechanical parking lot can cost nearly 30,000 yen. High-rise condominiums are additional. On the other hand, if the price is too low, it is better to avoid it because there is a possibility that the management of the condominium will be good.

(4) Are there any noise facilities and noise sources nearby?
☐ We found that the apartment, which was about to be purchased temporarily, was in direct contact with elementary school, and when we examined the noise damage of elementary school, we found that it was quite serious. There is a lot of noise in schoolyard classes, athletic meet, club activities and local ball games. It seems that the sand in the schoolyard flies in the dust.
Around the large hospital, it seems noisy with an ambulance siren.
☐ This was an apartment we had decided once, but it was found that the north side directly faces a large arterial road, and it was expected that there was considerable noise. I was encouraged to make it double-glazed, but I'm afraid that it can't be opened in case of emergency.
☐ This is an apartment I decided to decide once, but it is good that it is near the station, but the overpass of the railway runs right in front of the apartment, and the running sound seems quite noisy, so while wondering what to do It has sold. Some people don't care because they give priority to the station.
Neighbors' living noise from the upper, lower, left and right floors, but the older apartments are not soundproofed, and the living sounds seem to be missing. Experienced in the old housing complex where we lived in old days. In particular, it seems likely that people on the upper floor make noise. Nevertheless, there are few cases where real estate agents directly say that they have moved due to noise problems in advance, so it is difficult to understand the actual situation, and it is likely that they will fight when they actually live.

☐ The elevator doesn't seem so noisy. Even on the Internet Q & A bulletin board, it is clearly not a topic compared to schools. It seems that few people feel noisy.

Schizophrenic patients are more sensitive to hallucinations and sounds, so a slightly quieter environment may be better.

(5) Is shopping convenient?

When we considered a condominium, it was an 8-minute walk from the station, which is considered to be the central city in the region, but when we went there, it was on a high hill on the other side of the river. There are stairs, and you will not be able to reach the apartment unless you climb them up. The shopping center in front of the station is large, but it seems like it's quite simple to go up the stairs with your heavy luggage and go home. It is a relief that there is a route bus that goes up, but the transportation cost does not become ridiculous.

Separately, when a grocery store walked for about 5 minutes, I found a property, but the opening time of the grocery store was short by 8 o'clock at night, and it was expensive, probably because the products were generally high-class. It is delicate whether you can live on the economic side.

Schizophrenic patients tend to be less motivated to go out and cannot go far, so it may be better to live in a close-up environment.

(6) Near the station?

One apartment was a high-rise apartment with a good atmosphere and a perfect apartment, but it took 16 minutes on foot from the station and there was a slope on the way, so I thought that I had to go by route bus Buses take a long

time by bus, and the bus route network is awkward to think of connecting to railways, so it is inconvenient to use.

If you have schizophrenia, going out of your home will be troublesome, so it would be better to have a property near the station to make up for it.

(7) Can you stand uphill?

In one apartment, the building was OK, but I had to climb a very steep hill for a long time to get to the building, and on the way there was no bus stop for a route bus, so I abandoned it.

If you have schizophrenia, going out is troublesome, so it is better not to be steep on slopes. However, memory performance seems to increase when you do aerobic exercise, so in that respect it may be better to go up a slope. Is it effective for cognitive dysfunction?

(8) Is the threshold in the building high enough?

The apartment complex that I thought I could decide on because of the general conditions, but when I looked into it, the height of the threshold was low, and when the writer with a height of 187 cm walked, I found that I could not go unless I leaned forward here and there. I gave up. The older the building, the lower the threshold.

(9) Car driving, parking lot

As long as I can ride a car, I think that the selection range can be much wider, but at the moment I am told by a doctor to stop driving due to medication (Invega and Hiberna), Can not. Unfortunately, it can't be helped.

The parking lot seems to be quite empty if you expect it.

(10) Can you go up on the high floor with your luggage?

Old condominium apartments have 11 stories and 8 stories, but when the water is cut off or there is a power outage due to an earthquake, the water must be lifted from the bottom up to your own floor and the stairs must be climbed. I think you are waiting.

(11) Is the apartment large?

If it is not large, it seems that a large financial burden will be imposed on large-scale repairs of apartment buildings. On the other hand, large-scale condominiums are on duty on a board of directors or every ten years, so it's difficult to refuse, it's quite busy, and it seems like they have a lot of thought. It is doubtful that such a board or schizophrenia patients can be handled. Only God knows which is better?

(12) Do you renovate the interior?

It seems that there is a story that the property that is doing full interior renovation was considerably rough. On the other hand, there seems to be some bullish prices that are not much different from renovated properties, even though they have hardly been renovated. The only way to do this is to preview and judge. Well, is there a way to have the house cleaned and live in a cheaper house without renovation?

(13) Front building or back building?

The front building has a good view, but it receives the noise of the main road and the surrounding noise. Patients with schizophrenia who are sensitive to sound may be better avoided. On the other hand, in the back wing, there is little concern about noise, but the view is poor and there is concern about privacy that can be seen.

(14) First floor and crime prevention

On the first floor, you do not have to climb the stairs, but you may be vulnerable to thieves and robbers. Is the second floor a little worried? It is the story without elevator though. With an elevator, every floor is dangerous.

(15) On a hill? Along the river?

The property on the hill does not have to worry about meeting the flood, but it has to be climbed up the slope. It could be a landslide. On the other hand, riverside properties are exempt from the difficulty of climbing a slope, but are at risk of flooding. The author thinks that it is good on a gentle hill, but the price is high only for such a property.

(16) Is it easy to go to hospitals?

It's also important to see if there is a nearby hospital that can be a GP or a physician, or if your apartment is in a place that is easy to go to a psychiatric hospital.

(that's all)

So far, no matter which property you take, it's a good choice with a short obi. It would be nice if you could find this, but people with disabilities like me have slow initial movements, so they will all be taken quickly and astutely by healthy people. It is mortifying.

Also, finding the property itself is very difficult for schizophrenia patients. You need a certain amount of action to find a property, but there are few negative symptoms due to negative symptoms. The preview also requires a meeting with a real estate agent in advance, which is a hurdle and it is difficult to make progress. I was in trouble.

Pharmaceutical companies summarize schizophrenia temperament and behavioral characteristics

The site of the pharmaceutical company Janssen Pharmaceuticals has a clear text describing the temperament of schizophrenia patients. This feels like a lot of things that are hard for the patient to notice.

Understanding the common temperament and behavioral characteristics of people with schizophrenia (Janssen Pharmaceuticals)

<u>http://www.mental-navi.net/togoshicchosho/ikiru/for-around2.html</u>

I have put together this in an easy-to-view form.

- (1) It is easy to get tired without resting moderately . We can not respond on a case-by-case basis , Dari rest not relax , always tension in the .
- ☐ I can't rest properly and I'm tired. Because he is not good at responding to any on-the-fly, he cannot rest or relax and is constantly nervous. At first glance, it looks dim, but it's actually quite tense inside. Fatigue easily accumulates.
- (2) flexibility is not ineffective, appropriate attitude in place, do not take the action. Pedantic manner tempting to think a, hate the change, continue to protect the immobilized behavior patterns. We care about the nominal and the world. Stick to the external form.

experience even if you have the same experience, and Is also easy to repeat. You have to start again from the same thing.
☐ The temper of being rushed and leading easily leads to short-circuiting behavior, which is likely to lead to repeated failures.
(5) I cannot refuse others' requests . Honest and friendly . Easy to see seriously .
☐ Because it is not possible to use "face" and "back" in interpersonal relations, it is not possible to properly treat them with lies or euphemism as a means. For this reason, someone asks for something, and even if you know that it is impossible, you can not accept it and accept it.
☐ The people around you appear honest and good. However, if you do not know how to refuse, you may take on more than your abilities.
☐ I can't understand jokes, and she has a strong and serious personality.
(6) I don't have myself . Self-image is ambiguous and easily influenced by the will of others . Poor self-esteem and easy to rely on others . Unrealistic conceit, easy to miss high hopes.
☐ The self-image is so ambiguous that there is no one, and it is easy to be influenced by the will of others, or everything is left to others.
☐ When an ambiguous self-image is associated with low reality examination ability, it becomes unrealistic self-confidence and high hope.On the contrary, when it is associated with low self-esteem, giving up on relying on real

self-value and giving up everything to others is passive. His attitude is noticeable.

☐ Sometimes, a stubborn attitude can be seen, but this is not a self-assertion, but a defensive reaction to refuse to be influenced by the will of others because the self-image is ambiguous. Can be caught. .

(that's all)

Looking back at my own daily life, I feel that the content of the above sentence is quite correct. On the other hand, the above-mentioned sentence does not mention that the author thinks that it is a characteristic of schizophrenia patients, such as poor interpersonal negotiations and poor technicians. In terms of content, it feels partly.

Causes of death in schizophrenia patients

Analysis of the causes of death in schizophrenic patients suggests that mortality from ischemic heart disease is 50-75%, higher than 33% in the general population. Suicide, which was thought to account for most of the causes of death of schizophrenic patients, is only 10%, and the mortality rate from ischemic heart disease is extremely high. And 15 years shorter.

Patients with schizophrenia have a higher incidence of risk factors for cardiovascular disease. It is said that obesity is about twice as common, smoking is about four times, and diabetes is twice as common. The incidence of hypertension seems to be almost the same as the general population.

Incidence graph of risk factors for cardiovascular disease

http://www.nextchallengeprogram.jp/mets/mets/mets04.htm

The dilemma of schizophrenia patients

If you have schizophrenia, you will be discriminated against and treated badly by healthy people.

It is filled with anonymous bulletin boards on the Internet and discriminatory statements by healthy people.

Or, for example, in the case of the writer, she is being treated at the workplace and avoided, or overtly looked down on as an incompetent person.

So, if possible, I don't want to associate with healthy people. Or they may want to do something that is detrimental to healthy people (such as deliberately giving up on expected results at work).

The dilemma, however, is that schizophrenic patients will not be able to survive without taking care of healthy individuals. If the patient died early, he would be free from this dilemma, but what was the patient living for? It means that.

Even a patient wants to find out the significance of being alive, and wants to keep a testimony that he was alive.

I don't think we can find a way to live on our own without taking care of healthy people.

Or maybe I can't find a way to stand on an equal footing with healthy people.

I wish I had a special ability that only schizophrenia patients have.

Is there a new drug rush for schizophrenia in 2015?

We knew for the first time when we saw the cognitive dysfunction thread on the 2ch bulletin board on the net, but it looks like old information for a long time, but it seems that a new drug rush for schizophrenia will come in 2015.

The following Q & A site (question answer around 2010) has more details.

http://detail.chiebukuro.yahoo.co.jp/qa/question_detail/q124 6631887

The original literature appears to be "The spirit of the heart, special feature" Development of new drugs and future of diagnostic technology "published by the NPO's Community Mental Health and Welfare Organization (Combo).

Combo site

http://comhbo.net/

http://comhbo-mail.blogspot.jp/

If the above article is correct, it seems that there will be many medicines that will work for negative symptoms and cognitive dysfunction.

Will Roche's RG1678 (Vitopertin), which was introduced on this blog before, be a pioneering medicine?

Until a new medicine comes, I will continue to live with hope.

I am not good at entrusting myself to others, I am not good at leaving myself, I am not good at disclosing myself to others

I think that a schizophrenic patient is not good at entrusting himself to others and leaving it to others.

I think that there is a side where you can not do it unless you do it yourself without letting others do it. I think that my thoughts are closed and completed in myself, and there is a side that strongly rejects the involvement of others. Even if I get advice from others, I think that there is a tendency not to act as it is, but to go with my own way closed to me.

I think schizophrenic patients are not good at showing their inner world openly to others and showing no hostility, because the world is complete in their own closed world.

Schizophrenia and religion

When schizophrenia patients have positive symptoms, it seems that everyone around them is focused on themselves, everyone seems to care about themselves, as if they were a religious guru. It can feel like a kind of hype.

Also, since schizophrenia patients are not good at socializing and often do not have much networking resources, there are not many people who can rely on their surroundings, so some people feel like they should rely on religion. I think you may be there.

I can't read or understand others' emotions

While talking to others, perhaps because of a sparse relationship with people since schizophrenia, I have no idea what other people are thinking now, whether they are in a good mood or bad. I'm not good at interpreting other people's emotions in terms of facial expressions, tone of voice, or the context of conversation. I don't know much about others.

Or, when I talk to people around me, I feel like I suddenly get angry or grumpy, and I realize that I've said something annoying, Are you often confused because you don't know if your actions are making you grumpy? While I'm talking, I don't know if others are getting better or worse. It's hard to read what you talk about, and it's hard to talk. For the time being, you can only nod and tune to the other person. I

When it comes to animated works, the faces of the characters are shown as laughing or angry, so it's easy to

follow. I am grateful that such illustrations are made even in conversations with real people, but it would not be possible.

Noisy, sensitive to sound, hyperacusis

When a helicopter flies over the area near your home, ordinary people might think, "Is training for the U.S. Army? Over time," but the sick writer said, "The helicopter keeps turning. While I keep monitoring myself."

It's honestly painful that the sounds of others make you feel as if they were all directed at you. I feel sensitive to the sound.

Even at the night of a storm or typhoon, I can't sleep because I'm worried about wind and rain.

Avoid places where people gather and make noise, such as station terminals, coffee shops and restaurants.

When looking for a house, you can avoid the noise of trains and cars that ordinary people can easily endure, even if it seems to be convenient for living, such as an apartment complex facing railway tracks and roads.

Tired, don't want to move, don't want to get up, don't want to do anything, get tired

If you get negative symptoms of schizophrenia, you will feel stiff, balloon gas and air deflated, and you do not want to move, do not want to get up, do not want to go anywhere You.

In the name of day care or treatment, it seems that patients are forced to come to the place at the same work time as working at the company, but I wonder if it is really effective.

I've been going to work for a long time because I am told that working for a company can be a cure, but I rarely feel that the feeling of being sullen, not wanting to do anything, and getting tired has gone away and improved. Every day in the morning, there is a struggle to rest the company or to force out.

I think that there is no point in trying to move a person who cannot move around because of the heavy rotation of the motor. Wouldn't it be better to give out a remedy that slows down the motor rotation?

I can't read books

I think I have read less books, especially recently, than before I became ill with schizophrenia.

After all, even if you read it, you can't remember the contents because you can't remember it, you can't remember it, and you can't remember it. It has completely given up and the mood.

This is the same not only for hard-edition textbooks, but also for comics, as the head turns white and I can not remember anything about the comic that I had read before and what it was, I began to feel uncomfortable, and I had never read it. In short, the fact that I have not gained much personal knowledge about my life or anything else seems to be a very bad thing, but I don't have the energy to read at all.

I thought that the e-book would be easy to read, so I installed the Kindle application on the smartphone, but the screen is pure white, clues on what can be done and what can be done, the start is not displayed on the screen, It cannot be operated and is left unattended.

Schizophrenia and difficulty in learning English and words

Since I got schizophrenia, I have completely lost my ability to learn a foreign language and have been neglected.

I can't memorize words like English and I can hardly remember the words I have learned before.

In the past, I talked with my Nordic friends who I met on YouTube online videos exclusively in Gmail chat, but of course the language used was English.

During the conversation, the writer could hardly understand the meaning of the English words that the other person wrote, or did not find any English words corresponding to the Japanese words I wanted to say.

Each time, I put out a Google Translate page, input and display the English translation and the Japanese translation of the word instantly, copy and paste it quickly, copy it to the answer column to the other party, and work on it as a text I feel like I was doing it.

Still, it seemed that the other person was quite able to enjoy it as it was. The lack of language skills can be managed by Google Translate, but it's mechanical rather than intellectual.

Conversations also helped me because my mind was pure white and no topic came out, and my friends actively talked about this topic. If the other party doesn't talk about it, it's over.

If I can speak English, I feel good that the world spreads as a sick person, but in reality it feels difficult.

If you were already speaking English before your illness, you would be interested in what it would look like to be ill.

Schizophrenia and watching TV anime

When I got sick, I couldn't remember the TV program or the title of the anime program, the contents of the characters, the characters of the characters, or almost nothing in my head.

I don't even remember the title I liked, repeated, and watched, and never came out of my head.

From time to time, you can look at the title list for each quarter of each year and recall a fragile and fragmentary memory.

What kind of conversation the characters exchanged, what the story was, everything was pure white. In some ways, watching anime has seemed like a useless, meaningless task.

By the way, most of the titles I actually watch are everyday things that don't happen very much.

In the case of a series of incidents, the head can not follow the story, and the story is rapidly expanding, so it is rather a conservative head who prefers a state where there is no major change in the situation Has a feeling of resistance and does not want to see much.

I feel strongly that the aggressiveness and ability to respond to new developments in stories and characters have already been lost.

Not good at handling computer command lines

I'm not good at handling computer operating systems such as Linux.

It looks like Ubuntu or a GUI on the surface, and it can be operated just by sight alone.

However, Linux requires a command line input to operate the computer, as soon as you try to do a little complicated work, you must memorize a character string command and enter it each time.

I can hardly memorize this command line string with a sky. You can only do this while referring to the character string to be struck on the command line. Therefore, if you try to copy and paste the command line text on the Linux training web site into the command prompt while displaying it, you can't remember that method.

Therefore, the threshold for operation is high and it has not been able to be used yet.

There is a core of stubbornness in my heart

I feel that there is a deep core inside my heart that is stubborn and sticks to certain things, never listens to other people's advice, and tries to hit things in the same pattern forever.

Asking a counselor for advice, saying ``I'm nervous and I can't sleep, '' and even if I get the advice, ``Stop thinking about tomorrow's worries and sleep with luck in heaven '', It seemed to be contrary to the core of my heart ("I really care about tomorrow. I want to give it the highest priority.") Although he talks about things, he doesn't actually give much advice, and he continues to carry on the core content of his old mind ("Continue thinking while nervously thinking about tomorrow") I feel like I keep doing ("Continue thinking about tomorrow, can't sleep all night").

In fact, while pretending to be the stubbornness, or pretending to hear what others say, in a state of being tightly closed to others, with a kind of tension, they are constantly nesting in their hearts, I feel like I am flexible and I am hindering my own change.

I bought a lot of radio clocks but ...

The author likes radio clocks whose time is incomparable, and often buys inexpensive table clocks (alarm types). The radio clock of a wristwatch is cheap, but I have one.

I like to be able to find the exact time no matter where I go in any room, everywhere. However, as the number increases to ten, I feel that myself is not very mentally normal.

I guess I have an obsession and a sense of nervousness to adhere to the correctness of time. Regarding this, in the metropolitan area, if you go somewhere, such as a transit guide site on the net, if you do not get on the train at $\bigcirc\bigcirc\bigcirc$ \bigcirc at \bigcirc station, you will not arrive at \triangle station at \triangle hours \triangle minutes I think that it is invading my life at home because it requires accurate time behavior.

Or, if you don't get up at the hour and minute to work for the company, you will be late for the train at the hour and the time will be late, which is the cause of my obsession and tension. It can be said.

On the other hand, in real life, the negative symptoms of schizophrenia mean that my body is dull, and even if the alarm clock sounds correctly in the morning, I can hardly get up on time, and I am late for the company. And rest. In short, many radio clocks are not very useful for my commuting life.

In this case, it seems that the significance of introducing radio clocks is invisible.

Well, as a personal significance, when you get on a route bus or something like that, the bus that departs at 0 hours, the departure time control is perfect, all the drivers have radio clocks beside, almost just It often departs at 00 seconds, and occasionally takes a picture of the front view of the route bus as a hobby (although it is hardly possible to shoot recently due to poor physical condition) Clock function.

Occupational issues and considerations for schizophrenia patients (collected by national affiliates)

This document introduces the characteristics of schizophrenia patients in an easy-to-understand document in a document on occupational issues and considerations for mentally ill persons compiled by an affiliated organization of the Ministry of Health, Labor and Welfare in Japan.

I think it summarizes how schizophrenic patients can continue their work from the perspective of HelloWork and employers.

The original document has good contents, but it is difficult to read in PDF format, and other manic-depressive and other descriptions are mixed up, making it difficult to understand. Also, the item numbers of each item are hard to read in katakana notation.

Copy and paste the modified part below as it is (I do not know when the original document will disappear).

Employment Support Agency for the Elderly, Disabled and Job Seekers

http://www.jeed.or.jp/

Original document

http://www.jeed.or.jp/disability/supporter/research/intellectual/download/h22_seishin_01.pdf

----from here----

Schizophrenia Occupational challenges and considerations

About psychological function about 1 occupation

(1-1) Perceptual attention function (function to emphasize desired stimulus and suppress other stimuli)

<Features>

Attention to surrounding voices and sounds makes me uncomfortable. I'm nervous and can't relax. Susceptible to changing circumstances. Slow response. etc

<Points to consider>

Adjust the working environment, such as working in a room with low noise. Instructions should be clear and unambiguous. Instructions are given one by one. Provide a means to confirm instructions. Indicates points to which attention is paid in performing the task. etc

(1-2) Storage function (function for storing and retrieving information as needed)

<Features>

Misunderstand that you have experienced inexperience. It is difficult to respond to multiple instructions. Ask the same question many times without memorizing procedures. etc

<Points to consider>

Make sure you have enough training time and practice repeatedly. Provide guidance and feedback for each trial. Check the work procedure in notes and tables. Fix the instructor, etc

(1-3) Execution functions (complex purpose-oriented functions such as decision-making, abstract functions, planning and execution, selection of appropriate actions, etc.)

<Features>

Puzzled by skill. It is difficult to set up work efficiently. It is difficult to perform parallel processing. Priority cannot be determined. Repeat the same mistake many times. etc

<Points to consider>

Before working, give the whole framework. Organize your work. Simplify the task. Structure work situations. Set up the work step by step. Give specific and concise instructions. Failure gives everyone the confidence that it can be. Praise if you succeed. etc

(1-4) Thinking function (meaning judgment, short-term memory, mistake recognition function)

<Features>

Not good at building interpersonal relationships. Can't be honest and secret. Not good at refusing or asking. Not good at considering multiple possibilities. Not good at guessing the results of actions. It can be extremely negative and optimistic. etc

<Points to consider>

Speak clearly and concisely. Specific ideas and action options are presented. Confirm your intentions and feelings. Respond to feel human warmth (acceptance, empathy, and compassion). Keep privacy in mind. etc

2 Daily and social life functions

(2-1) Instability

<Features>

There are tones depending on the day, week and month. It is easy to get tired and tend to rest. etc

<Points to consider>

Watch out for initial tension and fatigue. Actively call out. Adjust the workload considering physical condition and fatigue level. Consider taking a proper rest. Work on new things when you are in good shape. Encourage thorough medication management. Understand the prior signs of poor physical condition. etc

(2-2) Slowness of physical movement

<Features>

clumsy. Operation is confusing. Poor agility. Poor expression, gesture and voice intonation.

etc

<Points to consider>

Strive to create an environment for daily exercise and gymnastics. Practice repeatedly. Set a generous working time until you get used to it. etc

3 other

In addition, there are cases in which the use of public facilities is not good due to hospitalization for a long period of time, etc., and carelessness regarding dressing and grooming is made. For these, it is necessary to provide support in daily life, such as exemplifying and practicing repeatedly until it becomes possible.

----So far----

I think it's pretty well organized, but if you read the original document carefully, you'll find that there are no significant differences between the items to consider, manic-depressive and depressive. Maybe further investigation is needed.

Becoming too objective ... human society, isolation from humanity

I often feel strongly that I feel like I'm just one person out of society and watching the movements of human and Japanese society from a distance.

Even when I look at a high school girl on a train, I do not think that a cute sister is riding like ordinary people think, but I think that a young female object of a living thing is moving.

Does it look like this when the tendency to avoid personal contact due to schizophrenia is extreme? I feel that I have become overly psychologically isolated from human society and humanity and objective.

I'm hooked on leaving me

I tend to get hooked on something completely different, apart from someone else telling me to do this.

I concentrate on something completely unrelated to being the main source, work hard to create something there, and the original main source often goes somewhere.

For example, when you take a university entrance exam, you will open your way to creating a private train timetable that has nothing to do with it.

Or, if your company's job requires you to create a PowerPoint slide, you may be obsessed with creating a private e-book that has nothing to do with it.

Is it related to the cooperative relaxation of schizophrenia?

Conversation does not continue, no topic

Patients with schizophrenia often have poor speech and no speech at all because of negative symptoms, such as reduced thinking and motivation, and cognitive dysfunction, leading to alienation of memory regeneration.

If the other party is a talkative person, it is good that the conversation can be completed just by nodding to it, but if the patient needs to talk about something, the topic will not come out, the talk will be interrupted, It will be clogged.

I think it's an anniversary, such as a social gathering where attendees need to voluntarily talk about topics, a drinking party like a year-end party, a group discussion. As a patient, I don't want to be forced to attend such a meeting.

The counselor advised me to write down the topics I wanted to talk about each time and talk with them while watching them. I think this can be a solution.

Around you, distractions, lack of attention, lack of concentration ... what is the solution?

When I work in the workplace, the voices of the people in the workplace sound like everything about me, gossips about me, and when I speak, I get distracted and lose my concentration, I can't work properly.

Attention to various exciting events in the surroundings (a call was received to a nearby person, a visitor was there), turned away from the work of the main line, and the work of the main line was neglected.

So recently, I listened to the music MP3 player which became cheaper (I used to buy the old Sony Walkman and still use the sound quality of a few generations ago) at work and said that it was serious. Sound source that is hard to blame, specifically,

Classical songs with healing effects (such as Dvorak's String Serenade or Grieg's Holberg Suite),
☐ Commercial CD recording highland morning and birdsong

If you are listening to the music player and working on your work during the work period, and if you hear a screaming or a loud noise from the next meeting room, you can concentrate and pay attention. I feel that the power problem has been solved to some extent. Pretty good work.

However, I do not know how long the effect will last.

Lack of social and sociality

Many people with schizophrenia and people with distemper are not good at interacting with people in society, building human relationships, and socializing. Lack of sociality and sociality, I think that being alone suits my gender.

Even if the hallucinations and hallucinations that occur with positive symptoms, you want to be free from interpersonal and social relations, but the people around you talk to each other and talk to each other, I don't think it would be a decisive damage to the patient. Positive symptoms of schizophrenia can be said to be frenzy, forcing the patient in the form of hallucinations and hallucinations that the patient is not good at, is sullen, wet, interpersonal and social.

If you have negative symptoms, you will not care about others, you will be dressed and sloppy, but it will be terrible, but such indifference to others or the mind to avoid others, the feeling that you do not want others to come in to yourself I think strong is a characteristic of this disease and temperament.

Desirable College of Education for People with Distemperament

It may be a bad idea for a person with a schizophrenia to enter a college or department of sociology at a university where students naturally enjoy interpersonal relationships and learn sociality.

It was the same as my graduate school, but I was struggling in my undergraduate years and retired, or a company that I got a job after graduation, and of course I was required to have model knowledge about sociality and sociability. For those of me who were the least good at socializing, in hell-like days, I eventually lost my psychological balance and developed schizophrenia.

Students who are interested in humans and love socializing tend to assume that people in the company after graduation, such as psychology departments and other humanities departments, I don't think so good.

If you go to science, the target field is far from interpersonal and human relations, so it is absolutely easy and schizophrenia is less likely to develop. Needless to say, in Japan, you cannot escape from a deep teacher-discipline or senior-junior relationship, but if you do, you can focus your attention on non-human physics, chemistry, biology, and geology, and escape from interpersonal relationships. Because there is room. I feel like a mechanical system such as a computer. However, the medical and nursing care systems that require direct contact with real humans may be severe.

If it's a liberal arts, it may be good to focus on materials and other materials and escape from interpersonal relationships.

Life continues as if gas has run out

Despite the New Year's celebration, there is still a lack of energy, stamina, and intellect, and life continues to be like a balloon bleeding out of gas. Every day, I just go to bed and I don't have the energy to go out. There are places I want to go to, but there's no energy like "Okay, let's go!" I can't even go to a nearby supermarket.

He is also passive in conversations with others, just nodding himself and can't speak anything from here. There is no topic, no aggression, a state of energy like a deflated balloon.

Also, will life like this continue for a year? This year, I want to change my mind.

I can't remember what we did yesterday. ... I can't remember the first half of today.

I can't really remember what I did yesterday. For example, I can't remember what I ate for dinner. Due to cognitive dysfunction, memory regeneration ability is generally disrupted.

Then, at night, I couldn't remember what I ate today. I'm pretty shocked.

Is it better to record notes and so on? But it doesn't make sense if you can't remember. I was in trouble.

Physical education is no good

Before my illness, the reflexes of my body were extremely dull, and I couldn't immediately receive and return a flying ball in school ball games, so I often felt painful when hitting my face. Also, I couldn't hit the tennis ball with the racket I had or move with my body.

Also, I couldn't do the rhythmic movements and movements of a dancer in a school class or other people in a rhythmic way. The music recorder ensemble was disastrous.

Furthermore, there was no muscular strength, and the number of suspensions of the horizontal bar remained forever zero. I couldn't do reverse climbing or kicking at all. In a marathon that required endurance or at a distance of 5,000 meters, it seemed that one person was about to collapse, 5 minutes after all the others had finished running, and so on.

In the school class, physical education was completely luggage, a plague and a sigh from everyone, and I had nowhere to go for physical education.

Then, I worked hard in my studies or worked on studying Japanese history, and it was a good result, but eventually I

got schizophrenia at a company where I worked after graduating from university, and as a result, cognitive impairment appeared. I have almost lost the essential ability to study and regenerate things.

At present, I am completely incapacitated not only in physical education but also in culture. There is nowhere in terms of ability. In a company, it has become a convenient choreographer who can only do simple things. I feel like it will be restructured soon.

My ears are terrible

Since I got sick, I can hear all the sounds of my surroundings related to myself, and it seems that something like an empty ear is getting worse. When others are talking, it often sounds like they are saying their name.

Also, the sound of the entrance door chime that sounds well, the sound of the telephone ringing bell, the melody sound of the administrative radio, the echo in the ears and in the head, so that the ringing never ends. (Although it actually ended long ago).

Or, because I have a cold, I take out the electronic thermometer to measure my body temperature, and when I start taking measurements, I feel that the sound of the beeping sounds constantly. In fact, body temperature is still being measured and you should not hear the resulting sound.

Is hearing cognitive impairment impaired? I was in trouble.

The idea is closed by myself ... I don't talk to someone, I can't ... The idea is self-contained

I record the content of my own thoughts that are coming and going in my heart, and collect them in large numbers on other blogs and e-books. The concept was elaborated to some extent before the onset, but most of the time, after the onset (since 1993), I drank medicine and regained my normal mind, writing in a stable state.

However, in the process of summarizing, I have seldom consulted anyone with the validity of the content. In fact, it was difficult to build an interpersonal relationship for consultation, there was no courage to consult, and there was no acquaintance who could consult.

As a result, I feel as though my thoughts are self-contained within myself and become autistic.

The fact that my blog and e-book readers do not increase so much seems to have a lot to do with their content being selfish and self-righteous. You have to reflect on it. But to be clear, I can't really see how I can consult well.

I'd like feedback from readers, but I think it's difficult because the content is a bit skipped.

I keep thinking ... I can't stop thinking ... Spontaneous thinking

In the case of the writer, the idea of one title and content comes up one after another without breaking and tends to keep thinking for a long time. I can't stop thinking, I often keep writing notes in a nearby notepad and write them all night without knowing it. My other blogs and e-books are the product of this (I wrote medicine and regained my normal state of mind).

I wrote without sleeping all night and I couldn't get up the next day.

On the other hand, when I was worried about what other people were saying in the interpersonal relationship, I kept thinking and I went crazy and deepened in the depths and went crazy I have a condition (positive symptom). This did not go away without taking the medicine.

Clumsy, clumsy movements of the body and hands. I can't move smoothly. Distorted.

In my school gymnastics lessons, I couldn't move my body to the surroundings well, and in many cases only one person was noticeable in a bad way.

The hands are clumsy, and precision parts are often broken with great force.

I feel that my body movements are generally distorted.

Writing on blackboards and whiteboards is not successful

The writer cannot write well on blackboards and whiteboards.

I can't write letters and figures by hand.

Also, it is not possible to consider and arrange the layout of characters and figures that are easy for people on the spot to see.

In the middle of writing, it often stops because you do not know what to write. My head turns white and nothing comes to mind.

I'm not good at meetings and meetings with stickers. I was in trouble.

Utility of internet search and cognitive dysfunction

When cognitive dysfunction occurs due to schizophrenia, memory reproduction of things can not be performed well, real-time conversations with other people or reminders of shaken topics can not be well remembered, just passive nodding It becomes conversation, and conversation becomes poverty.

In such a case, if you can use the Internet web search or the like, you can search for the keyword of the topic that the partner has shaken on the spot, and you can remember on the spot that it was such a thing, and furthermore, While looking at the search results, it is possible to provide new topics to the other party here, which has the effect of being able to escape from the passive conversation.

I think that it is better to have a terminal that can search the Internet at any time. Is it good to use a notebook computer in that you can quickly enter search keywords?

There is a wave in physical condition

I think that schizophrenic patients have waves in their physical condition, and there is a considerable difference between when they are in good health and when they are bad. This means that the degree of negative symptoms varies.

When I'm in good shape, I often see books and TV animations, write books, go out and shoot the scenery with a camera. Even if you work for a company, you can often leave your home on time.

If you're sick, you can just lay down without doing anything, and you will end up with a minimum of TV news and browsing the Internet bulletin board. I don't mind seeing books or TV animations. I can hardly go out and eat food only with calorie mate or vitamin jelly, and my body becomes thin. Various shopping can be done only by mail order. Working at a company can be either late or absent.

Also, there are times when there is cognitive dysfunction, when you can read a book, and when you can not read, so I think that there is a wave.

Positive symptoms are suppressed with drugs, but there are also times when hallucinations and hallucinations are strong and times when they are not.

I feel that it will be easier for patients to return to society if the good times continue.

I don't want to be like animals. I want to be non-living.

I don't want to act like an animal.
☐ I get hungry and eat, and I'm drowning in gastronomy.
☐ Sex and self-generation generate pleasure.
☐ For example, urine or urine.
I don't want to

Something that works is a psychology that doesn't want to admit that you are an animal or a kind of living thing.

They often seek an objective, calm state of mind, and prefer the feeling of being away from humans, herds of animals and creatures.

I want to be transcendent from animals and living things.

However, since computers and gods are artificial, after all, there is no help for them.

I don't want to meet a friend

Meet friends (healthy people) who have been with me before the illness has become more and more intractable these days.

Because I will meet with my friend with negative symptoms and cognitive impairment rolling out, the conversation simply nods passively to what my friend said, and I used the simple and bland words floating in the context. Just arranging them without any effort will end up with a conversation without content.

Friends who are unable to meet in a long time, and who have the opportunity to meet with them over time, have fallen into self-aversion on their own, saying that there is no such poor conversation content.

However, if you meet, you can not go without talking, and if you talk, it is very likely that your illness will be a useless conversation that is meaningless to your friends due to my illness At this point, it's a worrisome thing that meeting a friend is too negative for my friend.

I feel that it is not good to be able to give back to my friend who has been close and close with me until now, and only to carry baggage.

For the time being, even if you are invited to a concert or something, say a word to your friends and tell them the greatest appreciation with that one word, and before the disturbing out of this conversation comes out and do not bother you Break up quickly, and then, on SNS or vocabulary search on the net, freely edit the impressions and sentences of the concert, for example, if you can upload in detail that the performance was concretely like this It might be good.

But that would reduce the amount of time you need to meet and talk with friends, and I guess there's a good solution.

Even writing in sentences does not come to mind in the end, so if you leave it as it is, you tend to have a shortage of vocabulary, and I feel that it is not a substitute.

Anyway, if you don't manage to make the conversation with your friends poverty, you'll become increasingly unable to meet.

I can't do business contact or business talk

Since schizophrenia, I have hardly encountered any case where a business dialogue has been successfully carried out alone or with someone else (although it was difficult in nature before).

Negative symptoms and reduced cognitive dysfunction and cognitive dysfunction make it difficult to successfully remember and regenerate the things necessary to proceed with the conversation, so it is not possible to catch the conversation ball well It's closed.

I wanted to publish in the form of a book or the contents of a website that I wrote over time. In that case, if possible, from the third party's point of view, it is better to do this, it is better to sell these people, I would like to contact the editor of the publisher who advises, I thought, but in fact I came to think that it was almost impossible.

The contact with the editor and the exchange of conversations were almost impossible due to the negative

symptoms and cognitive dysfunction, and the other editor cut off, "I can not do it anymore" "was wasting time" With three and a half lines in the line, my experience is expected to say that this case will not be heard from the beginning and will be thrown out, "Please do not have any relationship anymore."

Previously, when I posted to a psychological academic journal, it was such a catastrophic process. The feeling of disappointment at that time still feels cold every time I recall.

In the end, the tea is muddy by free self-published epublishing, which publishes it properly by myself, but looking at places where it can not be sold at all, I think that there is a considerable problem with the quality of the sentence.

I would be glad if there was a system that would allow even the sick to support the input and output of information for successful business without direct business talks. Well, it will be difficult because it can be understood by amateurs. Until he or she dies, it is likely that he will spend unnecessarily days unrelated to the business talks normally performed by ordinary people.

Forget what you wrote

The author, as well as the articles that I wrote variously on this blog, after a while, I could not remember what I wrote, and even if I looked at the title list of articles, I could not tell exactly what I wrote, When I open it and read it, I'm often surprised and amazed that I wrote this without knowing it. However, if you do not remember writing, the content of the opened text is, so to speak, a content that you remember that you were thinking about such a thing, so why would you not be able to remember it? I'm worried about not coming.

I don't want to remember what I wrote. I don't think it will work with medication. For example, does taking a medicine to prevent the progression of dementia in the elderly improve it (difficult because the cause of the disease is different)?

I can't eat ... calorie mate diet days

I have recently lost all my energy to cook and eat meals and eat and drink calorie mates or their counterfeit foods.

In the room, there is a pile of calorie mate to drink and a pile of empty cans to drink.

It's good to feel that you're somehow nourishing while you don't want to do anything, but you're worried if you're just drinking calories and you're OK.

Scared to meet people

I was losing temperament before my illness, and was afraid to meet and talk to people, and just fled.

However, in addition to that foundation, cognitive dysfunction after illness makes it difficult to memorize and reproduce other people and their own conversation

contents, and even if we finally meet and talk with others, we are not chimp Conversations do not proceed properly, and people are often amazed and angry with others.

In that regard, I am more afraid to meet and talk with others than before I was ill.

I have come to think that I wish I could be alone without seeing anyone.

Too many web browser tabs open ... Can't close tabs

The author can not close the tab of the website that I found once by searching online, probably because of a problem with the storage and reproduction of information. If you close the tab, you will be in fear that you will never remember that information again.

As a result, my Chrome browser has about 60 tabs open at a time.

When the PC memory usage was not odd and it was 32 bit OS, it always reached about 80%, the system behavior became unstable, and it was necessary to restart the PC each time.

Thanks to the upgrade of the PC to Windows 7 64bit, it has become much easier to use the full width of the full HD screen and dedicate it to launching web browser tabs.

Once you start a tab and keep it running, look at the tabs when the same thing happens when you do not have the same information as before and you need to look it up, You can quickly find the site that called you, which has helped to save a great deal of labor for memory regeneration.

Also, in the case of the author, it seems that I tend to call and use the same site repeatedly, and at that time it is saved because the site can be called from a tab that was already open with one shot.

Anyway, if you drop a tab, it will take enormous effort and time to recall the contents of the tab again, so I think it is an irrational use, but if you do not cure the habit of opening as many tabs as possible. think.

I drink cold tea in the refrigerator ... even though it is midwinter

I often use cold tea in plastic bottles chilled in a refrigerator in the middle of winter to drink medicine in the same pattern as in summer. Every time I drink, my body gets cold and cold, but I think it's okay.

This is because boiling water to make tea is a tedious and psychologically burdensome job. I know it would be better to drink with hot water, but I can't keep my body from boiling water. I also care about pouring boiling water into a thermos once, and it's too hard. It's rolling out negative symptoms.

In the end, I end up drinking cold tea from a plastic bottle, but when I catch a cold, the cold is cold and painful.

Schizophrenia patients and the Olympic broadcast

The main places on both TV and radio are programs from the Sochi Olympics.

If you are not good at exercising and have no interest like us, and you cannot remember and play the name of the competition or the names of the athletes due to cognitive impairment, the Olympic program is completely garbage.

NHK Radio 1 was crushed at the Olympics, and NHK Radio 2 seems to be doing a better program, so I've been listening until now, but we just reached the end of today's broadcast.

I'm sick of wondering if refugees will continue during the Olympics. The Olympics are over soon! I'm not interested in the number of medals in Japan! I don't care! You can always listen to your regular program (such as news) somewhere (on the Internet) because it can be rebroadcasted! I guess, but it will be ignored as a minority opinion.

Or maybe they are being hit on the net as a statement that breaks the bonds of the people based on the Olympics. Well, here's nothing to lose.

Words don't come out, don't come to mind

I don't find the words I used to use frequently, probably because the brain's memory regenerating part is crazy. During this time, the word "memory" on a personal computer disappeared for some reason, causing a major problem.

Each time, a keyword search on the Internet searches for words that happen to come to mind that are likely to be related to words that do not appear, and checks that the search results do not include words that no longer appear To take the cumbersome steps of doing so.

Recently, Wikipedia and the like are rich, so it seems that words that no longer appear are often included.

But it seems that there is no fundamental way to deal with Omoto's words disappearing or coming to mind.

This is very troublesome.

Concentration does not last. I can't follow complicated settings and dialogue.

In schizophrenia, it is difficult to continuously watch movies and animations for a long time because of cognitive dysfunction. Without the ability to concentrate, the character's relationships can't be well remembered or grasped, and in the form of indigestion, it becomes intolerable on the way and cuts off playback.

Also, I can't hear the lines well, or I don't understand the meaning, the story goes ahead and I feel left alone, and I don't feel good. It is a feeling that you can not enter the world of complicated settings and dialogue that healthy

people can enter without problems, and you will be left behind.

As an author, it's simpler to look at an in-car video of a seemingly monotonous train or bus scene than an animation, a drama, or a movie with complicated settings of relationships and things. It is easy to follow.

I can't hear the lyrics

The writer can hardly hear lyrics such as late-night anime, OP opening, ED ending, and insert songs. I know what I'm saying, but I hardly know what I'm saying.

So I look at the lyrics site and check what is actually being sung in what dialogue, but at that time, I thought that ordinary people can listen properly, You will be disappointed with the reduced ability.

For the time being just washed on the head ... whole body shower advanced technique

Since the whole body shower was heavy on my body and mind, I did not enter for a while.

After that, I couldn't put up with my head from top to bottom.

So, in the bathroom, take out the unused tub, twist the faucet with plenty of hot water there, put your head in, wash your hair with bare water, wash it again with shampoo, and add hot water to the tub I put it in once, plunged my head into it, and washed off the shampoo.

By repeating this shampoo wash twice, the hair on the head became beautiful.

Next, I put soap on my face and washed the greasy sebum down to every corner twice.

Your head is now almost clean.

The shower was postponed because the head and lower part was barely wet.

I guess it's going to get dirty from the head down ... (' \square ω \square)

I'm depressed from now on because the whole body shower is hard. It's winter now, so I hope it doesn't smell so much without washing.

Story of Nazi Germany's T4 operation ... Euthanasia of the mentally ill

Operation T4 (Tefia Sakusen, Germany: Aktion T4) is said to be a euthanasia policy based on eugenics in Nazi Germany.

http://en.wikipedia.org/wiki/T4%E4%BD%9C%E6%88%A6

What is noteworthy in this operation is that many mentally ill persons have been subject to euthanasia as a bad

element of society. It seems that tens of thousands of mentally ill persons died in gas chambers, shots, and died in various ways.

In Japan, even now, if you look at the thread of the mentally ill case of 2 channels, mentally ill people are harmful and uncomfortable, so the majority of the tone is that they should be gone, so in the future Japan will be similar to this German T4 operation I think there is enough ground for things to be done again.

A mentally handicapped person may not always say that a non-national harmful society or a popular right-wing leader. The Japanese are so creepy because they forget about me and have the habit of jumping at them.

On the other hand, it is sad that the mentally disabled cannot do anything due to lack of power and intelligence.

Thinking cessation, brain activity cessation and schizophrenia

When you have schizophrenia, your head turns slowly and you almost fall into thinking.

Even if someone talks to you, your mind will be completely empty and nothing will come to your mind. Nothing comes into my head and I can't answer anything.

In fact, I almost always think that my brain activity is in a state of rest or brain death. It is hard to feel alive.

Computational loss and schizophrenia

The author feels that the ability to calculate has greatly diminished since schizophrenia.

Until I got sick, for example, multiplication of two-digit numbers (12×24 , etc.) was a bit smoother, but now I can't do it at all. In particular, calculation of carry-up and carry-down has become impossible.

If you do not look at the written paper, even for official use, you will be confused on the way and you will not know what you are doing.

When my head got worse, the days of ($' \square \omega \square \square$) shopping continue. I want to go back ...

I don't like meeting others ... I can't make friends

I'm not reluctant to meet others ...

In general, it is often the case that a person with a disappointed spirit is reluctant to meet and talk with another person emotionally. Even if you want to be your own friend, you can ignore it and leave a bad impression.

If you do not want to meet your opponent, or if you are forced to do so, you will feel like a sinner being taken to an execution table and your feelings will be very blue. I often stop arguing with someone for a reason, and later regret myself because of self-disgust.

On the other hand, when I meet with the other person, I'm too nervous, and suddenly I'm talking about two or three words with a lot of gaffe and talking in the direction I can't fly the day after tomorrow. And sometimes, if the other person does not reject it and receives a response that supports it, it will be easier to calm down and be more comfortable with emotion. If that continues, you will rarely have friends that you can rarely do with people with stupor.

Well, it's often neglected to say something weird, and it's often easier to meet. Basically, my friends can't do it at all.

Also, if cognitive dysfunction occurs due to the onset of schizophrenia, you become a speechless person who can not talk at all in the first place, it is difficult to produce a trigger for talking itself, and even if you talk with great effort you can only reply to parrots, just disappoint your partner It becomes difficult to proceed to friendship. No one can make new friends or become alienated from friends who have already made them. If society's awareness of cognitive dysfunction increases, some improvement may be seen.

Conversely, after the onset, do people with schizophrenia feel more likely to sympathize with each other, making it easier for them to become friends? I haven't seen anybody.

Every day of repeated tension and deep sleep

I'm nervous while I'm awake, and I can't sleep well in that state.

However, if you are nervous for a long time, your head and body will become heavier and you will fall asleep when you

lie down. It also sleeps deeply and cannot be awake at all until you fall asleep.

If the time cycle of nervous state and deep sleep falls within 24 hours, it is convenient for work, but it hardly goes that way, falling asleep every day and wake-up time is drifting.

I tried brain age diagnostic test and brain training game ... cognitive dysfunction

A game software company, SEGA, has purchased an old game software called "Brain Trainer 2 Portable" for the Sony PlayStation Portable (PSP), a portable game console. It is supervised by Ryuta Kawashima.

The reason for the purchase was that it might be effective in improving cognitive dysfunction in schizophrenia.

First, when I did the brain age diagnostic test, I was diagnosed as being in my 60s even though I am still in my 40s.

Sad orz

In particular, I could hardly solve the problem of the type where the text color was green, for example, and the text was displayed as "Ao", and the text color could be selected from 4 colors. Judgment took time and misjudgment occurred frequently.

After that, it was a devastating problem to display the color of the figure in a different color for a short time and then answer which of the four choices.

Conversely, what I was able to do smoothly was to fill in the formulas and to answer the first position of the lottery, which was almost certainly quick.

(It seems that these diagnostic test issues and training issues have some commonality.)

Is this a common perception of cognitive dysfunction in schizophrenia?

If you let many patients do such a test for cognitive dysfunction of schizophrenia, it seems that it is possible to elucidate that the impairment of cognitive dysfunction of schizophrenia is the function to solve such problems, but it was done research I want to know if there is a precedent for.

There seems to be a lot of training issues, but it's just getting started and we haven't got the full picture. Can cognitive dysfunction in schizophrenia be improved by solving many training problems? I want to know that too. I guess I really have to become a pillar.

- * After that, after training and brain age diagnostic tests were repeated for a total of five days, the brain age gradually improved from the mid-30s to the mid-40s. I'm not sure if the cognitive function has been drastically improved or if it's just a temporary learning effect, but the effects of training seem to be even in patients.
- * After that, the numbers were colored one character at a time and displayed for a short time. Then, when I did a color memory problem that reminds me of what color a certain number was and answered it, I hardly remembered it almost and it was almost extinct. Cognitive dysfunction seems to be a problem for you.

It seems that the game is inexpensive if it is used at present, but considering the shipping fee, it may not be very profitable.

I can't sleep if I have left behind that day

In the case of the writer, if there is something left behind or something that is in the middle, I am worried about it, I get up again once I go to sleep, I resume the work, and the work is completed completely Until then, your eyes will be bright and clear, and you will fall into a state where you can not sleep at all.

I can't do it today and carry it over tomorrow and go to bed. Until the work is over, the tension continues and the head keeps clear.

And when you're done, your head will stay sharp and clear for a while, then you will quickly become heavy and sleepy, sleep for an insane amount of time, and get up.

This habit has hardly been cured since I became ill. I think it will continue in the future.

An information magazine that links patients with the same schizophrenia and their families

There seem to be several information magazines linking patients with the same schizophrenia and their families.

What we are reading is "Monthly Nets" published by the Japan Federation of Mental Health and Welfare Associations introduced by patients with the disease. It looks like an organization formed by a family with a mentally disabled person.

The annual subscription price is about 3500 yen. The number of pages is about 40 pages.

National Association of Mental Health Welfare Association HP

http://seishinhoken.jp/

The purpose of this information magazine is
Provide useful information on rehabilitation and rehabilitation by connecting patients with the same handicapped schizophrenia and their families and their families
That is the main,
☐ Easily explain the latest medical information, diagnosis and treatment methods for schizophrenia to patients from medical institutions and hospitals
Introduce real life experiences of the ups and downs of other patients and their families other than yourself so that they can be helpful for other patients and families to live.
Appears in manga, essays, etc. for schizophrenic patients who have special skills, providing a place for active participation
☐ Build a bulletin board and provide a place where the opinions of patients and families can be asserted to the surroundings.

Around here, I subscribed for several months, but it seems to be well organized and working.

Such a place is a 2ch bulletin board on the net, but I feel that it is rough and often not working, so I think these magazines are valuable as such.

personally,
☐ Notes on receiving disability pensions
☐ How to deal with cognitive dysfunction and negative symptoms, introduction of effective therapeutic drugs
☐ Introduction of actual conditions
☐ Introduce the actual working conditions of the patient, including the limitations
☐ Introduction of actual hospitalization life at the current hospital ward
I want you to introduce.

Corrupted person = rotten brain person = schizophrenic patient

The brain of a schizophrenic patient does not function properly like a healthy person. In that respect, the function that should be output is almost decayed and unusable. I think you can call it a person.

This is because I work with a healthy person every day and realize that my brain condition is different from that of a

healthy person.

For example, patients with positive symptoms have been unable to make normal judgments due to hallucinations and delusions, and it can be said that the function of the brain, which should be originally, has failed.

Alternatively, patients with negative symptoms have diminished motivation and thinking ability to do anything, the output from the brain has not reached at all the level that should be obtained, and it can be said that it has failed. You.

In addition, patients with cognitive dysfunction lose their attention and memory, and because they are dead, they are unable to obtain the brain functions that should be obtained.

In view of these points, the brain of a slaughtered patient is originally a living thing consisting of nerve cells, but it is functionally altered and decayed, and the content produced by the brain is useless and dying. I think it is a content. In that respect, the name of a person with a rotten brain seems to suit the sick.

This shows that the patient's head is poorly functioning, crazy, and low in terms of the patient's head, but it is also troublesome that such a bad head, once rotten, has no proper treatment. Thing.

Positive symptoms often seem to be cured by taking the drug, but negative symptoms and cognitive dysfunction are inevitable, so the rotten state of the patient's brain will likely remain unchanged until the patient dies.

Abnormal taste: Side effects of sleep inducers

When you have schizophrenia, even at night, your head is nervous, your eyes are bright and clear, and you can't sleep well.

Therefore, I try to sleep with the help of a sleep-inducing agent such as amoban, but if I drink amoban, my saliva suddenly becomes bitter and almost falls into a state of taste disturbance.

Nevertheless, the emergence of bitter-tasting saliva stimulates the appetite strangely, and makes you want to drink and eat a lot of strange things. Therefore, I drink and eat the tea and sweet bread from the plastic bottles I bought, but with a strange taste, I hate eating them.

Thanks to the effect of the sleep-inducing agent, sleepiness comes, but I can not fall asleep because of my appetite.

You can't go without worrying about diabetes.

I can't do computer programming ... cognitive dysfunction

I'm currently working on computer programming at work, but it's not going well due to cognitive dysfunction.

Because, from nothing, it is impossible to remember things from scratch, so once the program source code scrolls off the screen and hides from the screen, you can not remember what was written at all, This is because your head is completely white and blank.

Even if you try to refer to your own function in a program, you can not remember the name and arguments of the function you created in the sky, scroll each time to display the function again, oh, like this If you remember what you were defining and try to return to the original place, you will not be able to remember what you were writing at the original place, and your work efficiency and performance will be poor anyway.

Programming itself is a good job for those who are not good at interpersonal relations and who have a temperament of schizophrenia who can concentrate on the machine and escape there and escape from interpersonal relations is. However, the development of cognitive dysfunction in schizophrenia is difficult to achieve for the above reasons.

The solution is to use a high-resolution display that allows you to view the source code as much as possible at once and escape from unrememberable situations, but today's workplace personal computer has a narrow screen of 1366 * 768 dots So that doesn't work either.

If I leave this as it is, I'm going to make a hole in my work, and I think it's bad. If you don't think of a solution ...

Thinking about the logic of the program flow, if you don't get into complicated mathematical processing, you can manage it.

* After that, I took a leave of the company and during that time I was developing for smartphones to keep my programming skills, but I was wondering what kind of application to make because of negative symptoms But it is pure white and does not come up very much.

Still, I made some programs and apps, but as mentioned earlier, if the source code goes off the screen, the symptoms of cognitive dysfunction that I can not remember exactly what code is, good use, easy to download from the app store We have not yet been able to create programs that are easy to get.

I was trying to get income from advertising etc. by developing a smartphone application, but I could not make it, so I am struggling. It is expensive, but if you use a monitor with 4K display, it will be difficult to remove the source code from the screen, so I think that you can eliminate one of the obstacles, but 4K monitor is expensive, graphic card on PC It is troublesome that you can not display satisfactorily unless you put it.

Communication disorders and schizophrenia

I think that schizophrenic patients and people with schizophrenia are not good at interpersonal relationships and have difficulty communicating smoothly and frequently with others around them.

It is hard for schizophrenic patients if it is a corporate culture that emphasizes "spinach" for reporting, contacting and consulting in the company. In particular, it is a psychological burden to work on your own. Many times in advance, I simulate in my mind what to say and how to talk to the other person, and finally get up and talk to the other person.

Communication with others is minimal, and I can work silently by myself. I think that it is suitable for schizophrenia patients and people with sick temperament.

Also, cognitive dysfunction and memory impairment can reduce your ability to concentrate and make it difficult for you to communicate well with others around you, because of poor voice memory in conversations.

Social fear, shyness, withdrawal and schizophrenia

People with schizophrenia and people with schizophrenia are afraid of being in contact with others around them, and tend to be reluctant to interpersonal and often have difficulty building a smooth interpersonal relationship.

In addition, it is often the case that it is difficult to get acquainted with others, to be unable to come out in public due to withdrawal thoughts, or to be able to attend meetings or the like.

The fear of interpersonal relations is that people around you are nervous about yourself, even though you are scared and don't want to have a relationship, I think it has led to sensitive relationship delusions. After that, thinking that you have become great has led to a megalomaniac attempt to forcibly overcome the fear of those around you. In short, it seems to be the cause of the positive symptoms of schizophrenia.

It seems that it is necessary to overcome this trauma by increasing the number of successful interpersonal experiences to cure such a feeling of interpersonal fear

fundamentally, but cognitive dysfunction due to schizophrenia I think that the more people step on the number of places, the worse the personal negotiations will go, and the more failure experiences will accumulate.

Is there any good solution? The author himself feels that even taking schizophrenia medicine does not cure interpersonal fear.

Can't throw things away

I've been trying to keep what I bought once, instead of throwing it away.

There is a habit of keeping things without throwing them away, such as packing cardboard when using mail order, whether they will be used again someday, or that it is wasteful to throw away.

For this reason, each room is full of empty boxes of cardboard, which is tough.

Other than wrapping cardboard, you can buy books, models, home appliances, or use them, or if you throw them away, you have to buy them again. The inside is overflowing with obsolete things that are completely old.

I don't like the change from the purchased state, and I think my thoughts are unknowingly conservative and hate new changes. The negative thoughts of schizophrenia may have helped think brakes.

You have to do something before the room is completely filled with empty boxes and objects.

Stuporous temperament and school study, study

I think that I liked studying when I was a student.

The reason I liked studying was that the onset of schizophrenia was a while after I became a member of society, and I think that the elementary school-college students had a good memory regeneration ability.

However, the main reason I chose to study was that studying at school was basically a single job, and that my own hard work and effort made it easy to directly improve my grades, I think that it was easy to be self-sufficient alone without having to worry about building personal relationships.

Even when studying, like a seminar seminar at a university, group discussions in a group were disheartened within the group, making it difficult for me to express my opinion, and I couldn't do much. I was nervous about the presentation in front of everyone, and it was easier to submit the answers individually, as in a regular lecture report submission. So, seminar exercises were very weak.

I rarely participated in student study sessions, and I liked reading books at my own pace and from wherever I like. So I couldn't make many friends in school days.

When I became a member of society, I was thrown into a workplace where teamwork was emphasized too much, became a collaborative work, increased feelings of discomfort and psychological burden, leading to the onset of illness. To do.

With such a feeling, being able to do more and more at your own pace without worrying about interpersonal relations was a technique that you can do with a stuporous temper that avoids interpersonal relations because I liked school study I am thinking.

Universal design, UI, UX, barrier-free computer for schizophrenia patients

I can hardly remember the meaning of the icons used on smartphones and digital cameras and software, probably because I have cognitive dysfunction of schizophrenia.

For example, you can hardly understand how to use it by using the Chrome app on the smartphone web browser or on parade of icons. Even if you read the commentary on the website, you can't remember and remember.

Don't fool with a meaningless picture like an icon. If the display area is small, I want you to scroll the term display string.

In the above, we talked about icons, but in addition, hardware and software that do not display operation clues (icons and terminology display) by default simply because the appearance of hardware and software is not clear I feel like Amazon Kindle, YouTube and Adobe Reader are increasing.

Without a clue to the operation, schizophrenia patients are at a loss for what they can do with their software and hardware.

I want the display of the operation clues as much as possible. If possible, it will be helpful if you can create a mode that always displays clues as needed. Displaying the operation instructions only for the first time is not possible, because even if you receive the instruction, you will not be able to remember it only once.

I think these are important in considering the universal design of computers for schizophrenia patients and the design that considers the user's disability.

Isn't it necessary to devise computer software and hardware with a user interface (UI) and user experience (UX) that match the symptoms of schizophrenic patients?

Prone to runaway with a close mind to others

As I do, schizophrenic patients and people with schizophrenia run away in the direction they want to go, keeping their minds close to others, not talking at all, ignoring others I think there is a tendency and habit.

Often, my colleagues at my workplace or myself tend to take the above-mentioned attitude, so I often get angry at me and attack me aggressively. That's the feeling that I'm in a vicious cycle that shuts my mind down further and ignores the opponent.

In college, I fell into such a relationship with my supervisor, and graduated almost without speaking to my instructor and without receiving my graduation thesis guidance. I regret having done something wrong for the instructor.

As a matter of fact, it's common for people with a disappointed spirit to be reluctant to talk to others around them and tend to delay it. Doing so makes you less reluctant to build interpersonal relationships with the people around you, which makes them think that he is a bad guy who ignores himself. You need to do this somehow.

Side effects of schizophrenia drugs

Here is a summary of the side effects of antipsychotics given to schizophrenic patients. ☐ Unable to control body movements (several drugs such as serenases) -Akathisia (The body moves so hard and I can't stop) -Dyskinesia (the body moves regardless of your will) -Parkinson's disease (tremors in the limbs) ☐ Inability to control diet (Zyprexa) -Increased appetite (I want to eat more and more unlimited) -Obesity (overeating causes metabolism) In connection with this. ☐ Diabetes (Abilify, Zyprexa, Clozapine ...) (So that excess sugar is mixed in urine)

There seems to be.

After that,

Sex disorder (dogmatir, rispadal, invega)

-Loss of libido, erectile dysfunction, ejaculation disorder, irregular menstruation (unable to have sex properly and leave no offspring)

Is not it.

Some drugs seem to have side effects that can easily lead to death.

Blood abnormalities (clozapine)

-Blood cell damage (causing agranulocytosis)

Also, like the recently reported news on Zeprion, there is still a drug that is not yet known to have a causal relationship to death, but many patients die after administration.

Can't escape day and night reversal

The present writer does not stop the reversal day and night.

At night, my eyes are bright and clear, I can not sleep at all even if I drink a sleep inducer, but in the morning, my body becomes heavier, enters the futon, sleeps as it is, sleeps until late afternoon Repetition occurs, and you cannot escape from this vicious circle.

Even on weekdays, day and night are reversed, so the company's attendance is messed up.

This trend has been going on for about 10 years now and there is no sign of cure.

Sometimes I can sleep early, but within a few days I wake up in the morning, and my body is heavy, and I fall asleep on a futon, returning to a situation where I wake up around noon.

I guess it won't work.

Can only do one thing at a time, can't imagine

I can only think about one thing at a time, whether it's a private task or a company job.

When you get a certain task, it fills your head, keeps you sharp and keeps you from sleeping until it's over. In the meantime, other tasks are completely absent.

For example, when a company came up with a task to create a tablet program, or became obsessed with just creating and debugging a program, forgot to check the email, and after several hours, When I finally noticed when I was at a paragraph, I noticed that there was an important message.

I think it's a problem that you can't do multiple things in parallel.

I change my mind ... forget everything I said before

The author, from time to time, forgot the previous opinion, changed without any context, or completely forgot what he had said before, his mind was initialized to white, thinking from the ground up. In addition, it is often a sparrow.

I think that it is because of the cognitive dysfunction of schizophrenia that my mind is frequently blanked and emptied, and it is initialized even further, and I completely forget the process and circumstances so far.

Anyway, it is inconvenient. In working, or forgotten about the contents of the previous meeting, or when dealing with real estate, I completely forgot what I said before, causing great trouble to my partner and getting angry. It is often done.

In such a case, I feel that people who don't have much to do with the people around them should not be bothered.

Would be a direct statement

Schizophrenic patients like the writer are not good at interpersonal relationships and are not accustomed to (or try to get used to) interpersonal considerations. I feel like I'm often annoyed or angry at my opponents when I make a statement that I don't think about.

Perhaps because I am not good at consulting with others and often thinking about things alone, the content of my thoughts is distorted by myself, and it is often the case that opinions do not bite with others.

If you try to avoid this, try to stay out of your opinion as much as you can, and if you take the attitude that you agree with what you are saying, whether or not you really agree, you won't get angry. I feel like I'm not, but instead I'm getting downplayed as if I didn't have my opinion.

Well, though, the patient is in a situation where it is difficult to produce his own opinion because the brain mechanism of thinking is ruined by negative symptoms and cognitive dysfunction.

Severe temperament and "hidden" antisocial elements

I think that people with schizophrenia and schizophrenia often become "hidden" antisocial molecules.

The reason is that people often live alone, away from their surroundings, without adapting to society.

Rather than being driven out of the surroundings, the point of actively trying to live away from the surroundings seems to be stuporous temperament or schizophrenia.

However, people with schizophrenia and schizophrenia have less ability to make pipes with others necessary to survive, making it more difficult for them to become independent. In some way, they have to live on their parents and others. This creates a contradiction and tendency to live alone away from the surroundings.

Schizophrenia, DTM (Desktop Music) production, Vocaloid P

Because schizophrenic patients have experienced hallucinations of positive symptoms, many people are susceptible to the surrounding sounds. Sensitive to the noise of apartments and workplaces.

I think it has helped to improve the ability to distinguish sounds, distinguish good sounds and music.

With these abilities, I feel that schizophrenia patients may be better suited to becoming musicians, music makers and critics in some way.

However, if you are a musician or a musical instrument player, I think patients often have clumsy physical movements and cannot handle musical instruments well.

Also, conductors and others need the power to unite many people together and are not suitable for people with disabilities and patients who like to live alone apart from others.

The idea is to become a DTM creator who can handle everything from inspiration for sounds and melodies to inputting scores and performing automatically. (DTM stands for Desktop Music, which refers to music that is played by connecting an electronic musical instrument such as a personal computer with a sound source or keyboard using MIDI or the like, or music production.)

I think that DTM can create the music you want, as you like, by yourself, apart from others. Moreover, the equipment is just as good as using a cheap PC, keyboard and simple software.

I haven't been able to read and write the score yet, so I'm practicing by buying used learning software. It is software

for Nintendo DS called "Everybody's DS Seminar Easy Music".

It's hard to get a lot of time working at a company, so learning hasn't progressed very much, but I'd love to do it in the future. However, is the difficulty that the background music during play is annoying?

After that, is it a vocaloid song? If you want to do this, you can do it alone. However, for schizophrenia patients who are not good at interpersonal relationships and who are not good at reading others' minds, not only music but also lyrics must be devised. Later, asking a painter to add a picture or a lost patient would not have the courage in such a direction.

How to fix day and night reversal life

I consulted my psychiatrist about how to fix my day and night reversal.

The point of how to fix is
☐ Take a little bit of time instead of fixing all at once.
☐ Take a sleep inducer.
That's right.
Specifically, for example,

If you are going to bed at 5 am, take a sleep-inducing agent so that you can sleep at 4 am, one hour earlier.

When you are ready to go to bed at 4:00 am, the next day, take a sleep-inducing agent so that you can sleep one hour earlier at 3:00 am.

When you are ready to go to bed at 3:00 am, take a sleep-inducing agent the next day so that you can go to bed at 2:00 am an hour earlier.

In the following, we will go to bed one hour at a time and stabilize at 9 pm after a certain time.

is what they said. I'll try it immediately.

They tend to choose hobbies that do not have to talk to anyone

People who are incapacitated or who are incapacitated tend to avoid interpersonal relationships.

For this reason, do you tend to choose a hobby that you do not have to meet or talk to others, or that you can be selfsufficient in yourself, in a sense, a lonely hobby?

In the case of the writer, when my tension symptoms overcome the negative symptoms (such as when I am nervous all night and I can not sleep), my hobby is to take a picture of the train or bus view from the train window. Is to shoot and record the windows of buses and trains with a video camera or digital camera without talking to anyone.

When someone talks to the author with interest, there is an obsession that shooting and recording will break, and as

much as possible, without having to meet with anyone's eyes or talking, the view of the car window and its It feels like you just concentrate on shooting. They tend to pursue their hobbies in a way that excludes others from interrupting themselves.

In addition, I like watching late-night anime, but this also shows my soul and boldness trying to avoid real human relationships and escape to a virtual two-dimensional human substitute It is feeling. The existence of virtual two-dimensional, unlike real human beings, does not force interpersonal relationships, so it is a great feeling. On the other hand, my personal skills are low and I fly low.

Involuntary autism ... negative symptoms

It seems that there is a word that describes the negative symptoms of schizophrenia, such as "autistic autism."

I think that it means that I spend my whole day doing nothing, staying gross and closing my heart to my surroundings and staying locked in myself.

I think it's a perfect word for my everyday life.

The writer is selflessly closed unless external coercion, such as for living, works. They tend to stay home all day, stay home, close their minds outside, and live only in their inner world.

Hearing after a long time and its cause ... Virtual psychological intervention of the person giving pressure

The other day, when I was lying down in a futon during the day and night, as usual, when I was lying down, I could clearly hear the voice of my mother's name, who should not be there, from around the next room. Was.

This is the hallucination after a long absence. I hope it doesn't recur positive symptoms ...

It is the cause of the hallucinations, but in my mind, my mother (person preaching loudly to the writer) worries about the rhythm of the writer's life (what the writer cares about) and is trying to intervene. Is it because the image that there is?

When the patient (mother) who is under pressure for the patient preaches, if the patient triggers an event (day-night reversal) that triggers the person's intervention, it is as if the patient really intervenes and speaks, preaching Can be heard in the patient's ear.

In this case, there may be further background that the patient is afraid of the intervention of the pressurer.

Unpopular, uninhabited, tend to choose the destination ...

People with a temperament tend to choose to be able to act alone because they are not good at interpersonal relationships.

As a result, wouldn't you rather choose to go to the rare and unmanned borders of an empty track than to a crowd of people?

Even if you are fine, for example, if you are a man, you may want to visit a railway unmanned station, go around volcanoes in the backcountry, marshlands, go to places that are not popular, and choose a business hotel that can stay in a single room I think it tends to be.

However, this is a story if I can go, if I get schizophrenia and get sick of negative symptoms, it is stiff, I can not go anywhere, I have to stay in my room alone and spend a lot of time. The whole house is completely uninhabited.

Lazy disease-negative symptoms

If the negative symptoms of schizophrenia become prominent, you will not go anywhere all day long, stay at home, and just go crazy.

From a glance, it's "lazy sickness."

But I don't like to be lazy, I'm forced to be lazy and unable to act because of my illness It is correct to see.

Anyway, my body is heavy and not very, but I get up freely and go out here and there, it's a dream again. It's sad that you can't do what you want because of illness.

By the way, today, weather and temperature are perfect holiday days, but I can't go anywhere, and I feel like I'm crouching in one corner of the room.

Interview summary site for schizophrenia participants

A friend introduced me to a site that included a summary of interviews with schizophrenia participants.

JPOP-VOICE / Confronting schizophrenia

http://jpop-voice.jp/schizophrenia/index.html

is.

Not only patients, but also the medical, support and family voices can be viewed.

I don't think there are any sites that have listened to the voices of the parties so detailed and concrete.

It is very valuable.

Decide on one, can't squeeze

People with schizophrenia and schizophrenia think that there are places where they want to think and do things in a random way, regardless of what they want to do. I think that there are places where it is difficult to narrow down and decide on one or more paths and try to secure multiple paths at the same time. You can't concentrate on one thing, you can't integrate. I think they tend to try to work in parallel.

When you decide on one, the other is in the way.

When I was positive, I was obsessed with the delusion that people around the workplace ordered me to change jobs or change jobs. We couldn't decide on one.

Even if you buy a second-hand condominium for real estate, you are anxious about deciding on one, and it seems that you will repeatedly throw out suggestions to summarize the plan. I can't throw it.

Needless to say, people with disorientation tend to be lonely and lonely, so they have to make decisions lonely alone, so I think that the decision can be a burden on the mind.

I want to lie down. Just enter the futon.

When you have schizophrenia, you feel tired all the time, or you just want to lie down due to gravity.

I just get into the futon.

Foreign body sensation on the head, discomfort

If you have schizophrenia, you will feel something foreign on your head, something strange. It is an unpleasant sensation that the back of the head is tightened.

In the case of the writer, when the positive symptoms are severe, this discomfort is associated with eavesdropping delusions and is implanted while sleeping with an eavesdropper in the head, and from there, the thoughts in my head toward the whole country By transmitting a radio wave that copied, I really thought that everyone who went to the town was rumoring about me.

Given the author's thoughts, I was troubled for a long time by the delusion that what I was thinking about was transmitted to the people around me for a long time (I did not realize that it was a delusion I had no wisdom and believed in my heart from the bottom of my heart.)

The foreign body sensation in the head and the sense of incongruity seemed to play a very powerful role in reinforcing such delusions.

Even now, this feeling of foreign body and discomfort in the head remains to some extent. I'm glad if you can understand the cause and measures.

The next day, if you have a big errand or event, you will stay up all night on the previous night

I have a strong tendency to stay up all night on the eve of the next day when a big business or event is scheduled for the next day for work or business at home. The reason for staying up all night is that there is almost no confidence in myself that I can wake up smoothly the next morning so that I can keep up with business and events the next day.

If a patient falls asleep halfway, they tend to fall asleep for 12 hours or so, and even in the morning, no matter how many times the alarm clock rings, it has no effect and the body and head feel too heavy and wake up I can't do that.

Even if there is an errand, the body is heavy, it relaxes as if gas has escaped, it can not get up at all, the alarm clock's time limit has passed by no means, it does not sound, and it falls asleep again It was all too late to be late.

So, I feel that I have to deal with important tasks and events all night.

On such a day, the tension is nearing its peak, and even if you drink a sleep-inducing agent, you will hardly fall asleep and you will feel beyond the broken line to sleep.

If you stay up all night, the next day, you will be completely down and your sleep and wake-up time will be greatly disturbed. Two days of tiredness accumulates at once, and I get a break from work or work late. After that, the wake-up time, sleep time, and disorder are likely to continue, so I think it won't work.

Recently, with the aging of the body, people are going to sleep completely in the morning and trying to go to bed for a long time.

Once I fell asleep deeply, I slept deeply, my body became anesthetized, and I couldn't get up in the morning, so I tried all night, but this didn't work either.

New drug lurasidone (Latuda) seems to be effective for cognitive impairment and memory impairment

Lurasidone (Latuda), a new drug that is effective for cognitive and memory impairment in schizophrenia, has been launched by Sumitomo Dainippon Pharma and has already been approved in Canada, the United States and Switzerland. Europe seems to be willing to be licensed.

Lurasidone

http://en.wikipedia.org/wiki/Lurasidone

This Wikipedia link states that it is effective for cognitive impairment and memory impairment.

CHMP review results revealed for atypical antipsychotic lurasidone

http://www.qlifepro.com/news/20140204/the-chmp-on-atypical-antipsychotic-drug-lurasidone-examination-results.html

In Japan, it is currently undergoing clinical trials and seems to have reached the third phase. What is the result? It seems that there are some new drugs that could not give results in clinical trials, but I want this lurasidone (Latuda) to be available until it is released in Japan. For a writer suffering from cognitive dysfunction, it is a star of hope to live.

* (Postscript) According to a report published around April 2015, Lurasidone did not show a superior value with placebo and was unable to clear the clinical trial for the time being. Was.

This article published on the net is a reference.

https://www.mixonline.jp/Article/tabid/55/artid/51488/Default.aspx

I was very disappointed when I was expecting the effects of drugs that helped memorize. It would be very disappointing to end without seeing the sun.

I want to use a high-resolution display or monitor ... cognitive dysfunction

If you suffer from cognitive dysfunction or memory impairment, you will want to use a high-resolution display or monitor on a personal computer.

If the display has a low resolution, the screen must be scrolled, and the information flows rapidly, so it is impossible to keep it in memory, so you can not remember the contents of the information, and you need to scroll again Comes out.

With a high-resolution display, information stays on the screen, so it is less likely that you will be unable to remember.

We have selected and purchased a laptop display or a full HD resolution model. What is sold as it is during normal

times, the price is so high that the eyeball pops out, so I buy it by waiting for throwing or waiting to be used.

The display is now available in 4K resolution, but it's likely to be available a few years later, as it's economically demanding.

Yin and Yang in medicine for schizophrenia ... changed from Invega to Abilify

Schizophrenia medications

- (1) Positive type = A type like Abilify that gives you energy and vitality, and you can get up and move actively, but you will become insomnia and easily hear auditory hallucinations.
- (2) Negative type = A hallucinatory type can be suppressed, but the body can not move, just rest, lying down and sleeping just like Invega

Isn't it divided into?

I've been drinking Invega for a while now, but I'm currently testing because I'm absent or too late for work, so I'm turning to Abilify again. Well, it is possible to retire as it is.

After Abilify, I no longer want to lie down and want to sleep, but now I can wake up, but on the other hand, I am insomnia and cannot sleep at night.

So, when I introduced the sleep-inducing agent triazolam, amoban, and the stress-relieving agent diazepam, I started

to sleep. I don't know how long the effect will last as it will become resistant while drinking.

It's hard to correct uptime

This time, my clerkship at the company where I work is so disturbed that I received a recommendation from the company to correct it, and I was cured.

One is that Invega (drug of relatives of Risperdal), which I have been drinking until now, is heavy, tends to rest, cannot go anywhere, stays in the room, and of course does not go to work too much, He was criticized that he could work only three to four hours a day because he was late at work. I was told I couldn't hire this way.

Therefore, we changed the company to Abilify, where it is easy to get energized and vibrant, and the company can work with a sense of rest.

However, this time, I had severe insomnia, my eyes were not able to sleep brilliantly until dawn, at 5 o'clock at dawn, I quickly became sleepy, and I could not go to work until I got up soon I get sleepy and I go to bed after a nap, sleep for a few hours, and go to work late. On the day, it's hard to sleep at the company.

If this is the case, fatigue will remain on the next day, and the next day will not be able to happen properly and will be late.

So, in order to break the vicious cycle of insomnia, I decided to take Halcion as a powerful sleep-inducing agent, and at first it showed a great effect, but if I take it every day, the effect gradually worsens, and 4 The effect became thin on the day, and I could not sleep.

So Halcyon has to stop drinking for 1-2 days after drinking for 3 days, then resume again for 3 days, and do not repeat the rest for 1-2 days.

Also, if you drink when you are excited, you will not sleep at all. It seems to be just a ramune.

This is also the case with diazepam, a stress reliever, and if you continue to drink it every day, it will not work at all, so it may be better to go in the same pattern as Halcyon.

Amoban, a sleeping pill, seems to be especially acceptable every day. Every time, my mouth becomes bitter.

In this way, refraining from taking medicines even on weekdays creates days when sleeping hours are shifted even though it is a work day, and how to reduce it becomes an issue. You.

I think that it is necessary to pick up a day with important requirements, not to take a break on that day, leave the medicine around, and concentrate on sleep-inducing drugs the day before that day. I would like to add that sharpness, but on the other hand, the company is required to come to the office at a constant time every day, which makes adjustments difficult.

I think it will not work. By the way, the current company is negative about working shorter hours for mentally ill people, so it is provisional in 6 hours at present, but eventually it will be possible to go to work 8 hours. Otherwise, a combo of leave → retirement is waiting.

The company at work and the confused schizophrenia patient who seems to adhere to all working hours

I've been struggling to work at the company, being demoted, being restricted to working hours, etc.

In my case, the basic symptom was that I was very sleepy in the morning and couldn't get up at all, and I slept while watching the situation until I got up for a few hours, and then I got up in the afternoon. He came to work after a long time, worked furiously in a short battle, and left work early if he had a chance to work some day.

However, a recent interview with the Human Resources Department denied this route entirely.

According to the personnel department, it is all about keeping working hours every day, and coming on time every day is a prerequisite for evaluation. He said that his short working hours, even though he was working, did not consider him to be working properly.

According to the Human Resources Department, working hours are assumed to be the prescribed eight hours each day, and the short working hours permitted for people who are raising children are not allowed for persons with mental illness.

I also used a strong sleep-inducing agent like Halcyon to relieve insomnia, so when I said that it should be okay, for the time being six hours without any work, but eight hours soon I was told. In fact, it doesn't make sense to drink Halcyon because it doesn't sleep well. Later, when he said that he was taking a drug that had vitality like Abilify, he was told that it would be okay to work for the prescribed time, but he was unable to recover from sleep in the morning due to insomnia, so he got up at the prescribed time. I have to say that whether I can join a company is a huge question.

I also feel like going down to the point where I can go to work because I can not go to work until the scheduled time. It seems to fall to the assumed bottom wwww

However, on the part of the company, it is more important for the time being that employees keep their time at work and stay loyal to the company and work a lot overtime, rather than working efficiently in a short time. wwwww

I can't sleep at night, I can't get up in the morning ...

Yesterday night, late at night, even after 10 pm, my eyes and mind were clear and I couldn't sleep at all.

I drank Amoban or Halcyon, a sleep-inducing agent, or diazepam, a stress-relieving agent, but it didn't seem to work very well.

Still, he seemed to have fallen asleep, but this morning he was heavier and sluggish, and couldn't wake up at all.

Even if I go to the toilet and get up, I get down again and sleep on my futon, so I can't get up very much.

Eventually, I couldn't get up until around 11 am.

I changed to Abilify, a vibrant psychotic drug. Isn't that effective in terms of getting up in the morning?

Does insomnia and long sleepers are a hallmark of schizophrenia, and do you mean you can't get away with changing medicines?

This would make it impossible to go to work again on a weekday morning.

If you think you can sleep well

Because I always have trouble sleeping at night, I will try to go to bed early, so at around 8:00 pm after dinner, at a stretch I took the antipsychotic drug Abilify, the sleepinducing drugs Halcion, Amoban, and the diazepam diazepam. After drinking and entering the futon, I slept soundly and got up comfortably.

There was nothing I could do without killing time, if it was a long time since then. In addition, at dawn, I fell asleep as usual and went down, and I got up again at 11 am. It feels like going back to the usual pattern.

Can you match your company's time schedule? ... Long sleeper

If we worked late into the night, we examined the impact of the following day.

An example from last night to this morning.

I got up at 11 am, left home at 12:00 am, went to work at 1:00 pm, worked for 6 hours, worked until about 8:00 pm, changed train and bus, Return home around 8:50 pm.

I checked my e-mail and responded to my mother's phone, ate, and finished around 10 PM.

My head is bright and not sleepy.

Here, I drank Halcion and Amoban, sleep-inducing agents, and diazepam, a stress-relieving agent, at a stretch and went to bed around 11 pm.

I set an alarm clock alarm early in the morning, but I fell asleep and stopped the alarm and went to sleep again. I can't get up very much because I feel sleepy and heavy in my body.

I finally got up around 10:30 am. After all, he sleeps for about 11 hours and 30 minutes.

What happens if this is the same time schedule as a healthy person?

If you go to work at 9 in the morning, you need to leave your home at 8:15 in the morning, but at 7:30 in the morning including breakfast, you have to be sleepy, and you go to bed 11 hours and 30 minutes before that. If you need to, you must already be in a deep sleep at 8 o'clock the night before.

In this case, I enter the futon at 7 o'clock one hour before that. Meal is at 6 o'clock one hour before that. It's about 5:00 pm when you return home, and you should be at work until around 6:00 pm, at which point eight hours of work cannot be achieved anymore.

Even if it is supposed to be reduced to 6 hours, you must go to work at 10 am and you need to leave home at 9:10 am, but at 8:30 am including breakfast If you don't lose sleepiness and you need to go to bed 11 hours and 30 minutes before, you need to be in a deep sleep already at 9 o'clock the night before.

In this case, I enter the futon at 8 o'clock one hour before that. Meals are at 7 o'clock one hour before that. It's about 6:00 pm to return home. I leave the company around 5:00 pm, and this is 6 hours of working time, I can hardly afford time and when I can not sleep, the time shifts greatly, and the rest of my daily plans Is messed up.

Furthermore, if you sleep early at around 7 o'clock at night, you tend to wake up early in the morning, such as 11 o'clock in the middle of the night, and you will not be able to sleep until dawn, and the time pattern will be greatly shifted.

In addition, these times do not include bathing, supermarket shopping, personal reading, or thinking time. This is a company life.

In the past, I temporarily adhered to the above time reduction schedule, went to work with a lack of sleep, and continued for several months, but after coming to work in the morning, I slept violently and suffered from hell every day It was such a day. After all, they did not.

Apparently, it is almost impossible to work according to the pattern of healthy people, and now it is strictly required by the company, so I think it is almost full. Leave → Waiting for retirement? How do you live?

If you don't mind moving to work to some extent, you're feeling a little better after drinking ABILIFY, so it seems like you can work 8 hours.

Or maybe there are some secrets to shortening your sleep. But I've been trying a lot of sleep-inducing drugs and stress-relieving drugs so far, but it's not good, so it's difficult.

Abilify administration, 8 hours work, insomnia, hypersomnia

I was told that if I had taken Invega medicine I had been drinking so far, my body was heavy, I just slept, and I just took a break from the company, so my workplace complained about work and was demoted.

When I returned to ABILIFY I had been drinking from June, my body became lighter and more vigorous, and I feel that my difficulty in going to work has improved.

However, when switching to ABILIFY, the insomnia pointed out by the attending physician comes out, and the situation where sleep is irregular and employees are unable to work at the same time has not changed much. From work, it was seen as a problem again.

The company I worked for reminded me that the company's working hours were 8 hours in principle, that no exception would be applied to people with mental disabilities, and that if they could not work for 8 hours, they would have to take a leave of absence.

When I consulted with my doctor about whether it is possible to work 8 hours, it is bad because there is a retirement combo waiting for leave, so it is bad to see if it is really possible, and it is absolutely necessary to go with 8 hours work Was.

So, from around last week, I am trying to gradually shift my working time to 8 hours.

If I could not sleep until dawn, I went to work early in the morning by train at 6 am and stayed in the office for a long time, working for about 9 hours at the prescribed working time. I try to go home. It's very hard to sleep inside the company, but I don't have any other options, so I'm sitting on a chair and sleeping with my arms folded so that it doesn't stand out.

If insomnia lasts one or two days, a day of oversleeping that requires 12 hours of sleep will come by all means, but on that day, it seems that you have to sleep as early as possible the previous day and earn sleep time. Your physician told you that there was no good treatment to reduce sleep. The next morning after an oversleep, you will be late for 1-2 hours.

To be clear, it's awkward that I can't see what the future will look like when I'm on a tightrope or riding a bicycle. If this doesn't seem too much, I'd like to talk to the disability welfare section of the local city hall.

Abilify medication and maintenance of libido, return

When you take psychiatric drugs for schizophrenia, depending on the type of drug, there is almost no libido, and it can be like a saint.

That's exactly what Invega was drinking until the day before, so I didn't feel anything when I saw a young woman. I just felt that people were walking.

According to the information of patients on the Internet, it seems that libido tends to disappear in Risperdal or Dokumatil.

In the case of the writer, it changed to a point of seeing the appearance of a young woman before the drug was transformed into ABILIFY. The libido that had disappeared has returned.

This is very nice. Personally, you can feel the breath of life in your body. After a long absence of libido, I feel so fresh that I have to be careful not to be caught by molester.

Isn't libido easier to maintain, at least with Abilify medication?

Also, in the case of a male writer, semen that did not come out properly at the time of Invega administration came to come out at ABILIFY. For women, isn't ABILIFY giving menstruation?

I just eat lacto ice

I recently eat only lacto ice (ice cream is expensive and I can't afford it).

If you have a negative symptom of schizophrenia, you will not have the energy to go anywhere, such as in the summer heat, and you will have a difficult time in a hot room. When that happens, one of the problems is eating. Anyway, it doesn't happen very much on hot days or appetite, and there is no desire to cook meals.

I think ice cream is the savior of the meal in this case.

Although the Japanese public still seems to be just confectionery and luxury items for children, ice cream seems to be a very good nutritional food.

Meiji Ice Cream Q & amp; A

http://qa.meiji.co.jp/category/show/42

For the time being, I have no appetite, and when I can't go anywhere, I think it would be better to eat instead of eating.

Procurement is troublesome because it is easy to melt as it is, but I feel like I can go to Ito-Yokado or Aeon's net supermarket or co-op delivery without going out.

The actual situation of using a net supermarket in summer. Purchase ice cream etc.

http://matome.naver.jp/odai/2137721397678611701

Even lacto-ice and ice-milk products with low milk fat are still rich in nutrients, so it may be better to survive the hot summer days.

However, I'm worried that I only eat lacto ice and it's OK. Vitamin preparations are always taken.

Eating peanut butter

I recently ate only peanut butter made in the United States (although lacto ice is also eaten as described elsewhere).

Unsweetened peanut butter made in the United States seems to be excellent as a nutritional food.

A blog with detailed explanations.

http://ameblo.jp/panappu-pp/entry-11690255305.html

In summer, when you have no appetite or lack of energy to make a meal, such as negative symptoms, take a lot with a large spoon and lick it, it seems to help nutrition.

By the way, Japanese manufacturers seem to put too much sugar in their products, and eating too much may cause diabetes.

Mentally beaten, weak

I'm vulnerable to being criticized or angry by others, or quickly drop out. It is a weak and mentally weak feeling. Also, because they are afraid of being angry with others, they may not be able to approach the place where they live (or where they live) in the first place, or they may be unable to speak with that person. I'm a small person.

It's often the case that I often delay meeting people who are likely to be scolded and try to fade out.

After that, I am afraid to go to see a doctor who is likely to be scolded because she is examined and finds many bad places because my life is unfaithful. After that, I am afraid to go to hear the results of various medical examinations. Psychiatric

doctors are more comfortable than internal medicine doctors because they already know what is wrong, but they are still nervous at the consultation.

How relevant is this to stupor? I'm interested.

I can't speak to others

I am not good at meeting and talking to others. If you have the necessary errands and need to talk to someone around you, simulate in your mind many times in advance what to say, but still be crazy about yourself In other words, it is impossible to speak or consult with the other person, and there is a tendency for people to look forward without knowing the existence of a person who will take care of himself with the other person.

Well, from the people around you, you may just think that you are a quiet person, but you want to call out to those around you, but you can not be called out because you are pushed psychologically Would you like to know that you are It is a selfish request.

No coordination

As with the writer, people with distemporality often prefer to stay away from their surroundings and often do so naturally.

It also seems to indicate that there is little coordination in other words.

When everyone is in the group photo, only one person is looking in a different direction, or one person is thinking differently from everyone, and he is crazy, It often happened when I was young, as I did it at my own speed.

Maybe many people with disorientation who are not good at communication-oriented human relationships in Japanese companies and local villages. It feels like you want to leave it alone, because you do what you like.

Tend to like to fade out

As I do, a person with a disappointed temperament feels oppressive in interpersonal relations, points out that fact to the opponent, does not have the willingness and courage to negotiate with the opponent, I think that there is a tendency for interpersonal relations to naturally disappear by disappearing.

In the case of the writer, I wasn't able to go to a bite that I wasn't happy with, and I suddenly lost my relationship. After that, every time you leave, you will feel like it's better to leave yourself alone and naturally, like a drinking party, or in the meantime.

I like air conditioning

I like to stay in air-conditioned rooms and stay out. That's because the cool breeze of the air conditioner is comfortable, but I want to stay indoors with some resistance when going out.

I like to spend a lot of time in the air conditioner, long before midsummer, with the room closed. The reason is that if you leave the windows open, your living sounds and privacy will fall out of the surrounding dwelling units, making you feel as if you are eavesdropping. I want to avoid reminding me of the negative symptoms of positive symptoms that my privacy is totally gone.

Want to commit suicide by listening? Music CD

I often feel dark because I am sick recently and I do not find a bright prospect in the future, but in such a feeling I feel like I want to commit suicide and it is better not to listen I encountered a classic music CD that seems to be.

It is a music CD of classical orchestral music that is famous in the Nordic country of Sweden.

Swedish Orchestral Favorites 2

Swedish Chamber Orchestra (artist), Gunnar Frumerie (composition), Karl-Birger Blomdahl (composition), Kurt Atterberg (composition), Lars-Erik Larsson (composition), Ture Rangström (composition), Petter Sundkvist (conductor)

From the beginning, I listened to it, followed by songs with cold running on the back, cool, chilly, freezing cold feelings, some of which were idyllic and somewhat bright songs, but listening in general, There are many songs that make you feel dark, dark, and gloomy.

In particular, the last song is a very dark song that feels like a combination of despair and passion.

When the mental state is bright, you may be able to enjoy a beautiful and cool feeling. Both the song and the performance are excellent in themselves, and can be rated as high quality music that you will want to listen to repeatedly.

However, when the mental state is dark and unstable, listening is more depressed, so I think it is better to refrain from listening.

Turn around with Abilify

I recently changed my medication to ABILIFY.

For the first two months of taking medication, I felt insomnia, but I was able to move more actively than before and be able to go to the workplace on time.

However, recently, when I came to the workplace, I said about positive symptoms, people around the workplace talked about my murder, tongue out when I passed the author, and discussed ways to get me out of the workplace. I feel like I'm feeling like I'm getting into the hallucinations.

What was negative was a positive feeling.

Well, my work performance was the worst from the beginning, so maybe I'm being beaten by a secret or really.

After consulting with a doctor, I was told to look around for a while and review medications accordingly.

As a writer, I am able to move with great effort, so I'll try my best with ABILIFY.

Example of the course of a positive symptom followed by a patient: From my first experience

When I first suffered schizophrenia for the first time, 20 years ago, my hallucinations and delusions of positive symptoms followed the following course.

Stage 0. At work, you make a big job failure (for example, you get crazy about something else and do a hole in your job without doing your job).

Stage 1. It sounds like people around the workplace are talking about my whisper and gossip.

Stage two. Passengers and passengers, who should have no relation to the author, seem to be talking about the author's backstory and gossip at stations and downtown.

Step 3. When he returns to his room to escape the hallucinations, a transparent entity appears to monitor and command the writer from behind the ceiling. The private thoughts in my head seem to be sniffed out by the observer. Step 4. When I could not stay in my room and wandered around the city again, my private thoughts in my head were sniffed by passersby and seemed to be mocked as thinking

Step 5. It feels as if you are telepathically communicating with the observers in your room and the pedestrians in the city. When I think of something in my head, it feels like a watchdog in my room or a pedestrian in the city is telepathically sending comments about it.

of stupid things. Can be

Step 6. It is as if everyone in the city knows me. It sounds as if radio broadcasts throughout the city are telling me what I'm doing. It is attacked by the feeling of being a celebrity.

At this stage, I felt that I had completely lost a secure private place from the earth, and that I had lost the boundaries of myself and others, and I lost my place, left home and began wandering. After a while, when I returned home, I was caught by a company employee and taken to a hospital.

Conversely, I think that what was important to me was to secure a private space where others could not invade and maintain the boundaries between myself and others. It felt crazy because it felt like it had collapsed.

At present, the author seems to be turning around, but I do not want to experience the above experience again, so I would like to have it changed to a medicine that turns negative or to think of something to stop further turning.

Out of alignment with society and society

I've often been told, "Is it strange", "I'm out of place", or "Is it strange" since I got this disease (or maybe so long ago)? .

After that, it is treated as a disturbing person from the surroundings, so it is often the case that you avoid isolation from society and try to live separated.

As a result, they seem to be increasingly isolated from social standards.

Self earthquake

For a long time, it has been often hit by the sensation of an earthquake, as if the surroundings were shaking.

I've named myself "self-quake."

I thought it was shaking, and when I looked at the circline string, it didn't shake, so I knew "Oh, it was an illusion." I feel like I was shaking.

Is it a side effect of medication? Inconvenient. By the way, I drink ABILIFY 18mg.

Hallucinations and misidentification

The other day, when positive symptoms tended to appear, when I glanced at the cover of the book, I saw a "screaming" about it, and when I looked closely it was "(Vocaloid) tone". It's a hallucination.

Does the word "tone" appear to be "screaming" related to having a positive symptom of hearing a stupid "dead" or "screaming" sound? I felt that the same symptoms as the auditory hallucinations of the voice appeared in the direction of visual character recognition.

Hallucinations of the entrance chime sound do not stop

Recently, even though the entrance chime has not been pushed, the frequency of continuing to sound in the writer's

head without breaking, such as "ping pong, ping pong ..." has increased.

I am afraid to go out and I can not go out, so I ask for a mail order such as food or canned food and have a home delivery person bring it by date and time, but on the day of receipt, from the early morning, in my head, The chime sound at the entrance will reverberate endlessly even though it is not sounding.

You can't tell if it's really ringing, so you'll have to sit at the desk right next to the intercom handset and catch it. This is inconvenient.

This may be called an endless hallucination, which is different from a stupid hallucination such as "stupid" or "death", in which a chime or melody that is attached to or distracted from the head never leaves the head.

Good and bad points of Abilify ... Impressions of actually taking medicine

This time, I have been taking ABILIFY for a while, so I would like to write about its pros and cons.

☐ When you drink, you can be very active and active. Negative symptoms are suppressed.

 \sqcap I get up in the morning and go to work.

☐ I don't get very sleepy. Awaken.

Advantages of Abilify

Less likely to overeat.
☐ Libido recovers. Can ejaculate. (If a woman, menstruation will come.)
Bad points of Abilify
·can not sleep. Become insomnia.
☐ I feel tired from my body and get tired.
-Hallucinations, hallucinations, paranoia, etc. are easy to appear. Positive symptoms.
☐ I feel nauseous. I feel like I'm hungry. The fart always comes out and it's hard to be on the train.
(I haven't experienced this, but it seems that Akathisia comes out.)

Attempt to control symptoms that turned over with Abilify

Recently, I was drinking ABILIFY 12mg, but when I went to work, the hallucinations that were being said badly by others were so tight that I had to listen to it for 8 hours every day, I tended to take a break.

When I told my doctor about this, I decided to increase the amount of ABILIFY to 18mg.

However, when I actually drank it, there was no sign that my hallucinations and hallucinations would subside, and I felt that it was getting worse. You will spend every day in a very disturbing and unpleasant atmosphere and you will not be disappointed.

When I told this to my attending physician, I had taken it before Abilify before, and calmed down, calmed down, but added Invega 6mg, which produces negative symptoms, and it became a form of two-drug combination.

In the case of Invega, if this medicine is left in the morning, I am asleep and unable to wake up, and I am often late for work. For this reason, Invega was prescribed to take 6mg at a time immediately after getting up in the morning. Is this a strategy that feels like calming down the nerves in Invega and continuing to activate those in Abilify?

I don't know if this is still working or not because the medicine has just come out. I hope it works.

Visitor delusion, visitor phobia ... schizophrenia

Recently, mainly in the dawn, the ping-pong of my house has been ringing all the time, the door has been slamming, and the sound has been heard without breaking the key.

I wondered what happened and went out to the front door, but nobody was there.

The ping pong of the doorbell is often heard during the day, even when lying on a futon.

The medicines I take are Abilify and Invega.

One is that burglars are really aiming at my home, but I don't actually have enough money to be targeted, which is not much meaning. I do not think.

It is also possible that a mail-order logistics and transportation company ping-pong. I use it frequently. However, the courier should come only on one day when the goods are available, and it is strange that it sounds on a day when there is no such thing.

While thinking in various ways, I came to think that this might be my delusion of visitor, or visitor phobia. A non-existent, entrance-related delusional sound will continue to sound indefinitely in my mind.

I think in my mind there is a fear of dealing with visitors who need to communicate with others.

If you keep it as it is now, the burden of delusion will be great and you will not be able to get up in the morning, so I think that you do not take any measures.

Living corpse

I sometimes think of myself as a living corpse.

- ☐ Contraindicated in society, has no significance,
- -With positive symptoms, you must listen to the hallucinations of the instructions "stupid" and "death" from the surroundings,

☐ I can not move even with negative symptoms, I liv like a dead,	e a bec
It is impossible to exchange conversations with the surroundings that are deemed to be lively from the surroundings due to cognitive impairment,	3

It's almost as if you're dead, but in reality, you feel like you're living, breathing, eating, and living.

Well, is it really a dead body?

I want to live like a creature because I am alive, but it is difficult to get this disease.

Essentially one-person oriented, but also strongly dependent on others ...

People with disappointment are not good at interpersonal relationships and prefer to be left alone, but on the other hand, they open up interpersonal relationships with their own power and establish the personal connections necessary to survive on their own. I think it's inherently bad at building.

I also tend to do that, but if I need to ask another person or negotiate with another person over the phone, I can't help it easily, Just tend to try to settle alone. As a result, a decent solution will never be reached and will be left behind at a later date. It is weak in interpersonal relationships.

Because of this feeling, it is necessary to provide assistance to healthy people around you. I would be very grateful if you could have a person with stigmatism packed in with you, instead of consulting with someone with stuporous temperament instead.

In this sense, a person with a stuporous temperament is "one person oriented" who prefers to be alone, but at the same time it is "dependence oriented" which requires other people to help with human interaction. People with a disappointment actually want to stay alone, but they don't have the courage to ask for personal negotiations to live alone, so they can't live in society Therefore, it is absolutely necessary to have someone who speaks for communication with others, and that is where dependency comes out.

Gaze phobia, sensitive relationship delusions are getting worse ...

I am currently prescribing the drug with ABILIFY 12mg and Lynton 1.5mg.

I think this is a prescription aimed at achieving both Abilify's activating effect, Lynton's hallucination suppression and sedation.

(Linton, I was drinking this only 20 years ago, I think I was just sedating and sleeping.)

It would be ideal if Abilify worked well and Lynton worked well, but in the case of the author I had a problem.

For example, when you are on a train, you may feel that you are all watching yourself, and you may feel that all your actions are related to you. Then, it is the occurrence of a sensitive relationship delusion that you feel that you got off

the train on the way to avoid the writer who is emitting a mad aura.

This is going to be even more miserable when I go to my workplace where people who do not like me are gathered. So I'm scared and can't go to work.

I was energized and was fine to some extent, and I was glad that I couldn't hear any hallucinations, but I felt quite disappointed because there was another ambush.

Hallucinations are heard continuously when the ping-pong sound of the entrance chime is sleeping. I'm anxious because I can't sleep.

With Lynton alone, it seems that delusions are less likely to appear, but visibly, the movements of the body and mouth become dull and stiff, unable to act decently, and the company can no longer work.

Also, do you have to change the medicine? From now on, it is likely to try new medicines that have never been taken before.

Examples of memory disorders in schizophrenia

The author has recently experienced the following in quick succession:

☐ When I was asked about the name of the sleeping pill that I usually take at work, I couldn't remember it at all.

☐ A real estate agent asked me the name of the complex where I lived for a long time and I couldn't remember it at all. The point is that I couldn't remember my current address at all.

-While watching a commercial for a TV program I decided to watch, I could not remember what program I was watching now.

In each case, when I was asked, the inside of my head was hollow or pure white.

Usually, things that should have been rumored many times do not appear at all for some reason.

I don't know what my head is orz

Good medicine, I guess I won't come out

Changes in the appearance of surrounding objects and screens due to taking a sleep aid

When I drink Amoban, a sleeping pill, the appearance of a web browser opened on my computer suddenly changes.

First of all, the products should be lined up vertically and horizontally on a plane, but for those that seem more necessary, the screen there will be displayed as a group of characters or products in a strange way, rising or protruding. To make the screen look crumbled.

There are various screens, each product has its center, it is bent in a convex direction to enlarge it, and the button to put it in the cart can be changed.

It is interesting to do shopping on the undulating screen in both image display and text display.

Such writer only buys daily necessities due to lack of money, but shopping is a lot like shopping while moving on uneven mountain roads with each product and character display rising. Interesting.

The real reason conservatives are conservative

People who are stupid take a conservative attitude.

The roots are not so conservative, and they often come up with ideas like never before, but in the end, secure human resources to realize or demonstrate the ideas because of poor interpersonal relationships I can't do anything, and after all, I can't do anything on my own, I can't help doing anything

I think this is the result of the decision.

With personal assistance, I feel like I can be quite innovative, but in the first place I do not reach the point where I get the help, and even if I do, I am not good at maintaining that interpersonal relationship, so what can I do? Not really.

Minions, feet tremble

These days, my hands and feet tremble and I can't stop.

I'm in trouble because I can't shoot well with camera shake or camera shake.

Is it a feeling that Akathisia has become uncontrollable? I think we need to increase the amount of medicine to suppress.

I can't work ... I'm on leave from the company

Our immediate goal is to change from Invega, which we have been taking steadily until now, to another medicine, and to improve our attendance, because of poor working hours at the company.

We have been drinking Invega for almost four years, and the condition has been calm and stable, but again we tend to take a break from the company where we work due to negative feelings, or we can not go to the company on time I recently received a directive for improvement from my employer, and now I am on leave and trying various other medicines.

At first, I started with Abilify, which I drank before, but I got positive symptoms, a lot of insomnia, of course scary auditory hallucinations, quite miserable, I was afraid to go to the company Was.

Naturally, the company has also tended to take a break.

Therefore, we reduce abilify and use it together with the classic medicine (too old) Lynton (Serenace), but we are wakening up early in the morning, and our daily rhythm is centered in the early morning, so we arrive at the office on time It seems too early in time.

Also, during this time, I have hardly been able to go out of my house. I'm afraid to come out.

As we cannot go shopping for groceries, we use home delivery service.

I don't know if the situation will be better. It seems that the severance of the expiration of the leave period as it is without waiting.

There are plenty of problems, such as what to do with the future living base and if you need to get a disability pension.

Positive / negative alternative

I think recently that schizophrenia is a sort of positive or negative symptom that isn't in the middle of it and isn't a difficult disease to get to the right place Do you?

In my experience, when I didn't take any medication, I was very positive and had a hallucination.

In the case of taking drugs, drugs that have an activating effect such as ABILIFY will swing positively, and in the case of Invega or Serenases, they will swing negative and it will be almost in the middle of good condition There is no feeling.

As a sick person, both positive and negative are symptomatically troubled, so I'd appreciate if you could feel biased toward either. Or maybe you have to try all the medicines that are currently available and personally look for a well-balanced yin-yang personality. Or do you expect new drugs?

Not read the air

I think people with a temperament like to be alone.

As a side effect, it is often the case that the real talk is performed without reading or trying to read the atmosphere of the place, the air, and floats from the surroundings.

I often get angry at the company saying, "Don't say what everyone cares about."

I don't think I'm fundamentally attentive to others.

Confused by simultaneous offers from two people

Sick patients can get confused when different people make offers at the same time with the same requirements, and they don't know which one to talk to first.

Thus, delaying talking to the other party often results in the requirement being past its expiration date and ignoring both of the two who made the offer.

For example, in a real estate agency, an employee other than the person in charge of the property also receives an offer at the same time, and while the person who wants to buy is not able to do anything, the other person There is quite a pattern that will be closed.

Flick character input and memory impairment

Japanese character input on iPhone and Android smartphones seems to be the standard flick method, but from a universal design point of view, it is not desirable.

This is because if you have a memory disorder of retreat like the writer, character candidates that are not displayed on the screen can not be memorized and reproduced, making it virtually impossible to input.

For example, when entering "?", Flick input is performed by touching a finger on "?" (Line) and then releasing the fingertip as it is.

In the case of the writer, when the user puts his fingertip on "ka (line)", the character "ka" is hidden behind his fingertip and disappears, and "kikukeko" is only displayed on all sides, so "ka" Because there is no guidance on how to enter the characters of, you will not know how to enter on the spot, and you will be lost.

In short, "existing but not in sight" is "non-existent" for a sacrifice patient.

I want you to always display the guidance somewhere on the screen without the characters that can be entered being

hidden behind your fingertips.

Doing the wrong job, work different from the main subject

Isn't a person with a disappointing temper often tended to get hooked on another out-of-the-box affair, ignoring the work or work or the subject that others had asked for?

In my case, my sickness was that my company didn't do any of the work that was instructed, did something else that I didn't have to do, and was criticized by others. .

I think there is a general tendency to be distracted and lack of concentration.

Wouldn't it be easy to get hooked on something that has nothing to do with it and has no context?

Premature dementia: recall disorder

When it comes to the negative symptoms of schizophrenia, the rotation of the head worsens, or I can not recall the necessary memories well, the feeling that my head is empty, pure white, empty and nothing comes out strongly Become.

When you talk to other people, you don't think of any topics, you just listen to the other person's story, and you can listen to it without being able to listen properly, which is a big obstacle.

In the past, schizophrenia seemed to be called early-onset dementia, but I think that is the point.

Attention and lack of concentration are another category of symptoms.

Amnesia ... I don't remember what I did

When I opened the refrigerator this morning to eat the sweets I bought yesterday and saved for later, there was nothing.

I thought it was strange, and when I looked at the trash in the living room, I found an empty bag of the confectionery. I seemed to have eaten it by myself.

Also, when I looked at the writing history on the net, it turned out that I was writing around 9 to 10 o'clock at night, when I was sleeping. The content I wrote was something I had forgotten to write before, so I guess I wrote it myself.

Apparently, a memory loss had occurred regarding the action he had taken. I am disappointed that I can no longer take responsibility for my actions.

The medicines I was taking were 6 mg of Serenases for antipsychotics, 10 mg of Amoban for sleeping pills, and 0.125 mg of triazolam.

According to my research, it seems to be a side effect of the sleep-inducing agent triazolam, but I cannot sleep unless I drink it.

Cognitive impairment symptom list up ... Extracted from anonymous bulletin board

In the 2 channel of the anonymous bulletin board, there was a response that listed the symptoms of cognitive dysfunction accurately, so I extracted it.

By classifying the content,
☐ Work that must be done by the due date,
-Not motivated
-Forget
-I can't remember
-Confused memories
-Unable to order things
-Things cannot be prioritized
☐ In conversation
-No words
-Repeat the same words
-Speak another word that you want to say

-I can't talk properly according to TPO

□ In conversation with several people,
-I can't talk well
-Can't talk
☐ When writing sentences,
-Unable to hit line breaks, paragraphs, character sizes and punctuation properly
-Kanji is distorted
-More typos
☐ By work
-I get angry at what I thought was good and that it was too much trouble and extra confusion
-I'm troubled by dull emotion
-l'm told I don't understand people's feelings
If these are reclassified by the author,
□ No motivation
☐ Thoughts and memories in the head are empty, nothing comes to mind
☐ Language fluency
Assembly of contents to talk does not go well
☐ Assembly of work does not go well

☐ The consideration of others does not go well, making mistakes with consideration

Will it be?

It's just a section you can imagine.

Ex-less

Cognitive dysfunction in schizophrenia Part 2

http://peace.2ch.net/test/read.cgi/utu/1364533733/

See the original thread for details.

Only unpleasant memories come back

If the negative symptoms of schizophrenia get worse, you'll be more likely to sleep in your futon, but in that case, floating in your head was a mistake you made in the past, It's just a regret episode that makes me feel sad and bitter, as if I'm cornered in a futon.

I feel that the hallucinations heard in the case of positive symptoms are negative and that the roots are together.

Get acquainted twice

I'm socializing and can talk to people I've never met before, but then I'm afraid to meet someone I've come to see, and I tend to be desperate to avoid them. For example, you may shift one bus service so that you do not face each other.

When I was looking at a bulletin board on the Internet, I discovered by accident that I was worried about the same thing. Everything is said to be "know twice".

I think it's scary to build relationships with others, but is it common in stuporous temperament? I'm interested.

Not good at asking others for things

If you are a disappointed person, as is the writer, aren't there many people who are not good at asking others to do things?

I often get depressed and wait for the other party to say `` I'll do it '', or I try to do it myself on my own and I fail, and I often get shelves there I will.

It is often difficult for me to work alone and shake others, and I think that it is a cause of people with distemperament tending to be alone.

Also, isn't there a job that requires constant requests from others (such as making phone calls) or mental stress that can cause schizophrenia?

A hollow in my head ... nothing comes out, thinking poverty

When you have schizophrenia, you're hollowed out in your head and fall into a state of poverty, where nothing comes,

you can't think of it, and you think.

In the worst case when talking with others, you can't talk about anything here, you can only nod to what the other person says. It will be difficult to convey the intention, or the intention of the big book will not come out.

You have to write down a few things that come to mind in your notepad and talk while watching them. However, if your conversation partner starts a new topic, you will be completely stuck.

Weak in speaking out in public

I am not good at speaking out in public.

You will be intimidated by the signs of the people around you and your voice will not be heard.

While procrastinating the timing of the manifestation, the meeting or the like ends.

In my case, I may be able to make only a small voice.

When I hear that a salesperson is loudly advertised in front of a station, I often think that I can't say that much and that I'm absolutely impossible.

How to be a saint

Drinking drugs for schizophrenia like Dogmatir or Risperdal can help you become a saint prince because your libido disappears.

It's a great way to get rid of annoyed monks or Christian priests.

I can't draw letters well with a pen

In the case of the writer, I feel that the ability to draw letters with a mechanical pen or ballpoint pen has been reduced compared to before.

Even if I tried to write down what was said, I could draw only small characters that were strangely shrunk and distorted.

I get the impression that my hands are not working well.

The other is that hand tremors due to side effects of taking psychotic drugs (Akathisia) are large. The hand shakes, so even if I try to write a letter, the pen tip is not well determined due to camera shake.

I was in trouble.

I have no choice but to rely on computer key input, but I can't rely on this because there are many keystrokes.

I can't shoot video with a video camera ... Akathisia

The author has recently discontinued the use of video cameras to shoot scenery.

This is because, during shooting, the hand holding the camera shakes and starts moving without permission, and vibrates sharply and vibrates, and the resulting movie is full of camera shake.

I think the cause is the side effect of drinking psychotic drugs (Serenase) akathisia, but if you reduce the drugs, the hallucinations will recur, so I wonder what happened. I have been increasing the amount of medicine (Aquinetone) that works for Akathisia, but when it comes to actual shooting, my hands begin to tremble.

Scenery shooting with a video camera was one of the few hobbies that remained after the illness, but it may be necessary to give up as it is.

Continue to hear the echo of the sound

In the case of the writer, the sound of the chime at the entrance, the melody of the disaster prevention radio that tells the regular time, the ringing sound of the phone, etc., once heard, it seems that the echo continues repeatedly in my ear, and it keeps flowing I will.

It seems that there is a connection with the auditory hallucinations that make you hear sounds like "idiots" and "dies".

Not good at icons ...

The author is not good at the icons attached to smartphone applications.

You can see that some function is assigned to each icon, but it is often difficult to understand what the function is, just by drawing.

Due to memory problems, I am not good at learning the meaning of the icons, and I need to explain the meaning of the icons by letter.

In the case of a personal computer, if you temporarily place the cursor on the icon, there is a function that temporarily displays the meaning, so you can avoid it, but with a smartphone, it will be executed immediately when you touch it, You can't even touch the wickedness.

In the case of a smartphone, if your fingertip is hovering over the icon, I think it should be able to display its meaning.

I can't remember the contents that came to my mind just before

If you have schizophrenia, you will not be able to remember what you had in your head just before.

For example, when looking at a web page and thinking about something online and trying to search it online, the head of a keyword that was previously searched for online displayed in the keyword input box candidate character string field You're gone, and you don't think of anything you thought of just before.

It seems that the content that was supposed to come to mind is volatilized by seeing other information later.

I don't think we can do this at home or at work, if it's such a salt plum.

Unable to clean up room, trash house ... negative symptoms

If you have negative symptoms of schizophrenia, you will lose your motivation and willingness to clean up the room.

As a result, the inside of the room becomes jerky and is left for a long time without dust and debris.

The inside of the room is dirty because it cannot be vacuumed. Various things will be scattered around without a footstep.

Empty cardboard boxes that came out of the mail order or piled up.

A supermarket shopping bag containing garbage from meals will be placed in the room.

Leave a futon, just lie down ... negative symptoms

Negative symptoms of schizophrenia always lie down in the futon. I do not have the energy to wake up with my futon.

You will always be sleeping in the room without leaving the futon in the room.

I think it will not work.

People tend to postpone interpersonal negotiations.

People with a disappointed temper are not good at interpersonal relationships anymore, and they postpone and procrastinate tasks involving interpersonal relationships and interpersonal negotiations, resulting in work stops and inconvenience to people around them Are there many cases?

In the case of the writer, at the company I worked for, I was told that I would like to negotiate with Mr. XX and proceed with the work, but because I am not good at interpersonal negotiations, I postponed my work for a few months and as a result, the surroundings Therefore, he was accused of not working and that led to the onset of schizophrenia.

I understand that the deferral of interpersonal negotiations is bad, but I feel that it is difficult to implement it as my own tendency, and that it is difficult for people with disability to work or work I think that is one of the causes.

I am grateful that there are people who will proceed with negotiations instead, but if personal negotiations are a big point in working, if there is no substitute, it will be difficult for people with depressed temperance to work at the company I will. I think there is a good solution.

Interpersonal relationships and communication tend to be passive and rejective

People with disinterest tend to be weak in building personal relationships from themselves, and therefore tend to be passive in interpersonal relationships and communication, and take a negative attitude toward those who approach with great interest. I tend to

Still, for those who keep their interest without giving up, I gradually open my heart and I can make friends there for the first time.

Indecision, indecision

Isn't a person with a temperament bad at deciding things anyway and likely to be indecisive?

It's easy to avoid buying decisions that move a lot of money like real estate, or deciding business guidelines for a group like a company. Is it a sign of being a shy person?

I feel like I'm just watching my fingers holding my fingers as others decide.

Run away from others, on the other side, anti-run

Wouldn't a person with a stupored temper tend to keep a distance from others, and as a result, tended to move away from them and be on the opposite side of the world, in the anti-direction?

In the case of the writer, I often feel that it is easy to float out of the place where everyone is, or to be alone without being included in the place, and I think it is preferable.

If you are with everyone, you will care about others and you will be very tired mentally, so do you dare to choose to be alone?

Like in Japan, the social culture that values the sense of unity with the surroundings and the entrainment behavior is severe for people with reluctant temperament.

Once started, it does not stop ... reversal day and night

In the case of the writer, there is a habit that the work that has been started once is continued as it is until software development or the end.

For this reason, there is a tendency for bedtime and wake-up time to be messed up every day until the end.

I get mood high and try to keep going even if I'm a little sleepy. When you finish your work and go to sleep, you will sleep for 12 hours.

It tends to be reversed day and night.

I wonder if this is a general characteristic of humans in retreat or a phenomenon unique to the author alone.

I can't go for a walk

If you have schizophrenia, you are afraid to go outside, tend to stay indoors and withdraw.

For this reason, it is difficult to take a walk necessary to maintain the physical function of the body. My doctor has told me to walk 20-30 times a day.

After a long time, when I leave the house and go up and down the stairs, I feel a slight discomfort on my feet, I feel painful unless I take a walk and exercise, but when I return to my home, I return to the original withdrawal You.

Schizophrenia and developmental disorders

Recently, there seems to be a theory that schizophrenia and developmental disorders, which were thought to be different until now, differ only in the age of onset and have the same root.

It has been hypothesized that schizophrenia involves some impairment during brain development. Based on the hypothesis that developmental disorders of the cerebral nervous system during fetal life were the cause, a mouse experiment that inhibited brain development was conducted, and the mice showed symptoms similar to schizophrenia.

From early childhood, buds (development disorders) suffering from schizophrenia appear, and the buds open due to stress.

I want to know what developmental disorders are directly linked to schizophrenia.

I was locked up inside a car that my relative took me to travel when I was a child, and I became silent, and my relatives said, `` That girl is strange. I have been told well that I think I was already waiting for the disease at that time.

When I entered junior high school, my personal relations were unusually weak, and communication was very strong. I was always alone. I suppose that the prodromal symptoms of remission had already appeared. This situation continued at high schools and colleges, and I was able to find employment and get stressed all at once.

Brexpiprazole, a new drug that seems to be effective for cognitive impairment

Otsuka Pharmaceutical, famous for ABILIFY, seems to be launching a new drug.

I was taught online.

The following article describes it in detail.

Brexpiprazole under development

https://www.carenet.com/news/general/carenet/38341

- -Brexpiprazole has antipsychotic-like activity and has been shown to have potent effects on cognitive impairment models associated with schizophrenia.
- -The efficacy of brexpiprazole was also shown to be superior to aripiprazole (Abilify) in cognitive tests.

It has become.

This looks promising.

The new drug Latuda, which had been the star of my hope, was likely to fail, and a dark cloud was standing in my mind, but it was good that it could be bright again.

I like to stay alone in my room

I like to stay alone in my room.

There is resistance in getting out of the room, it's tedious, and you tend to be trapped indoors.

It is a routine to withdraw quietly so that others are not aware of your existence.

Food and other daily necessities are provided through co-op and home delivery services.

Forget what you were trying to do just before

Often, you forget what you were trying to do just before.

The most noticeable thing is that you are trying to search the internet and forget the key words. Every time, I often think about what I was trying to search for a long time, and it often happens that I never come out.

I have had a bad memory since I got sick, but recently I feel like it's getting worse. I wonder if new drugs will come soon.

... I wrote up to this point, saved it, and looked at the author's past writing articles, there was an article that wrote the same thing, and I forgot what I wrote. Double shock.

distracted

If you have schizophrenia or schizo-temperament, do you tend to be distracted, unable to focus on one thing, and nervous about everything else?

I thought that I was developing an application for smartphones, but I was watching animation videos in the meantime and being aware of the news on the Internet, so I thought that the feature was that it was different, there was no context, and it was not integrated. You.

Medication for schizophrenia

Drugs given to schizophrenic patients are likely to be of three types:

- (1) Antipsychotic drugs Suppress symptoms of psychosis
- (2) sleeping pills make you sleep at night
- (3) Drugs to control akathisia

Don't talk to others, ignore, muteness

A person with a disappointed temper is likely to be quiet or apt to ignore other people around him, which can result in anger from the person he ignores saying, "Let's talk more." There are many.

The writer is reluctant to talk to other people around him, so he is easy to get into his own world, and as a result, he feels ignorant about the other people and is angry at the author. Has been experienced many times before.

Many times, the author was unable to speak with the surroundings, became unresponsive, and became aware of the strangeness. I feel like I have been

Not good at drinking parties, banquets, ceremonies

I am not good at drinking parties, banquets, ceremonies (such as graduation ceremonies or weddings of acquaintances), and I am often absent.

Even if you attend, you are almost silent and spend time quietly with the people you attend.

While all the other attendees are in a good rap, they are left alone and sulking. I wonder if the party and ceremony will be over soon.

I feel that communicating with people around me is essentially useless.

Poor memory test scores

Last week, NHK E-Tele's "Boom-Boom" program aired a program that measures the intellectual abilities of the elderly, so I tried it.

The visual memory was OK. After the picture is shown, the picture is hidden and asked, "How many apples have fallen on the ground."

On the other hand, in a test that recalls exactly what was spoken without omission, only three out of the 20 words in total could be kept in mind, and nothing came up. I forgot that it was a quote from the "newspaper article case story" and I couldn't remember it.

Elderly people gave a correct answer when they did, but the writer who responded by watching TV scored catastrophically bad.

After all, it seems that my voice memory is fundamentally sick, so even if I return to work, I have trouble with the conversation there, and I feel like I am complaining about various communication problems You.

In the end, I strongly thought that the company had to quit.

No human rights for schizophrenia patients

To be clear, schizophrenic patients do not have human rights in Japan today.

In psychiatric hospitals, patients are routinely assaulted by nurses, and on the Internet bulletin boards, the words "death" and "isolate" are predominant and are not treated as humans.

Tired of being treated as a toxic substance. It makes me want to die early.

Well, at the height of the positive symptoms, it is certainly dangerous to the surroundings, so I do not know that I am scared.

Or, if you have negative symptoms or cognitive dysfunction, you can't work well, and it is useless to treat it like industrial waste in the workplace.

If you have some special abilities that are unique to the stricken patient, you will feel useful and you will not be treated as an obstacle, but what kind of ability is it?

Similarities between negative symptoms of schizophrenia and inactive illnesses in the earthquake victims

It seems that the number of elderly people affected by the Great East Japan Earthquake and the number of people with inactive illness is increasing.

I think that this inactive illness is similar to the negative symptoms of schizophrenia.

Schizophrenic patients are thunderlike

Explain that schizophrenic patients are thunder-like.

What is that heart?

I'm always just playing around.

I'm sorry.

Presymptomatic prodromal symptoms of schizophrenia

In my case, three to four years before onset,

☐ At a job hunting briefing for a new graduate of a company, I looked at the presentation of the recruiter, thinking that it was not very interesting, and after seeing it, I was asked to comment on the presentation, but for some reason my mind was completely blank Nothing came up.

Surrounded by a blank white wall, I couldn't talk about anything, and I didn't get a job offer. I think from this point on, it was already bad to be able to focus on the memory and the memory needed to make a topic.

□ I found a job at a certain company and worked inside the company, but the answers to the questions of the people around me didn't come to mind and I couldn't talk to anything.

In general, he was widely affected by memory problems.

In addition, I was not good at speaking out in public, and I often experienced situations where I couldn't say a word to a microphone at a meeting, or I could get a communication failure.

Shortly afterwards, the previous person on a business trip was asked to take over the given job on the job as soon as possible, but the person in charge was on a long business trip without being afraid to approach the person. If you don't get the know-how you need for your job and leave your job unattended, you'll start to hear more and more dissatisfaction about it in the company departments, and all the people at the company will be yourself. It was the

situation at the onset of the positive symptoms that they were driven out until they heard "stupid", "death", "let me quit", "let me change jobs".

So instead of suddenly developing positive symptoms, the symptoms that are strange at the stage before that occurred considerably in the cognitive function and interpersonal communication aspects, and in that sense, discovering and treating such precursor symptoms I think it is necessary to take measures.

I forgot to take the medicine just before and almost took it twice

A while ago, I forgot to take the medicine just before, and I almost swallowed it twice.

I was disappointed with the feeling that my memory was too bad.

It is very inconvenient to be unable to remember the last minute. It is troublesome to write in notepad one by one.

Negative recollections ... remember bad things and bad things

As I usually get tired, I lie down on my futon each time, but when I do that, I remember only bad things, bad things,

failed things, and regrets I had in the past. I feel sick, I can't sleep very much, my body is heavy and I get up again.

The main thing I remember is about interpersonal relationships, and I don't particularly remember that it can be completed by individuals like the results of study.

Negative recollections, which come to mind all these negative things, are thought to be one of the symptoms of the disease of schizophrenia.

In my case, the hallucinations that I experienced with positive symptoms were all disgusting things that denied my personality, but this was related to the fact that patients with this disease were likely to have negative memory and thinking circuits in the first place I feel there is.

Involuntarily voices come out and leak

Recently, in daily life, every time a problem occurs, such as things that can not be stored because they do not fit well into the predetermined position, things like "Ummmm!" Or moans come out naturally. I am.

Are schizophrenic patients prone to voice leaks? Usually, there are few opportunities to talk to others, so the buffer for voice utterances tends to fill up, which may cause voice to leak to nothing more than everyday.

The voice leak seems to be a sign of poor mental health and I am in the midst of thinking that it needs to be eliminated.

I can't remember history, events

When you have a memory disorder in schizophrenia, you cannot well remember the history closely related to everyday life, such as when, where, what kind of event occurred, when and why the price of goods and stocks went up and down.

They all stay under the surface of consciousness and do not come out. Naturally, my head is pure white.

That's why all those things that happened at that time fell asleep in the bottom of my memory, making it difficult to use them again.

I wonder if there will be any remedy that will bring these underwater memories effectively to the surface.

What is work for schizophrenic patients

For schizophrenic patients, going to work is going to check their inability.

You have no memory, no concentration, no communication skills, no real effort.

They tend to sever interpersonal relationships

I think people with schizophrenia and people with schizophrenia tend to try to break interpersonal relationships.

Isn't there a strong tendency to be alone and not want to associate with anyone?

I also think that there are places where I like to go quietly from the spot without anyone noticing.

In the case of the writer, I used to be a drinking party with a large number of people at my former workplace, spend my time alone alone without talking about my surroundings, I hate to be invited to a secondary meeting, I went home alone alone in a different direction from everyone I feel like I was just doing it. After that, only one person was absent from the drinking party itself.

I don't like having interpersonal relationships and I feel like being isolated is a habit.

Going on the back road alone ... I can not join the front road

In the case of the writer, no matter what my hobby or what I do, I do not want to go along with everyone who passes, so I go alone on the back street where no one passes.

As a result, it seems that there are very many patterns where people come to the unexplored unsecured area and cannot join the major highway where everyone is.

Weak in entering a private store

The writer is not good at entering a personal store (a general store, a restaurant, etc.).

You have to talk to the shopkeeper.

In addition, it takes courage to step into the area of the shopkeeper, and it is difficult to enter. Is it because the push is weak?

Department stores are also not good at entering small shopping booths. I'm not good at talking to clerks.

So, I used to do shopping and, in the past, large supermarkets that did not require conversation.

Recently, mail order is mainly used. Then, you can buy things by opening a private store online, and in that sense, you have opened a new environment to use private stores without hesitation.

Conversations with others are parrots

When you have schizophrenia, you lose control of your memory, so your conversations with other people can be parrots, nods, or just hi-hi.

When a call comes in from another person, the response simply repeats what the other person says, or becomes a mechanical consent of "I understand", and is ridiculous. The same happens at the doctor's consultation and I am in trouble.

The conversation has become like a brainless person who responds automatically, and I think it's weird.

Good physical condition, concentration strength has waves

I have recently noticed that I have been watching the posting date of each article on this blog.

The reason for this is that the posting of articles is concentrated in a few days, and then it takes too much time to post it without any post. Comes only 2-3 days).

In short, the days when you have enough concentration to write an article are concentrated in a short period of time, and then there are long empty days when you lose your concentration and cannot produce any articles.

Does it mean that there is a wave in your physical condition and your concentration? It is painful that most of the days when nothing can be produced.

Schizophrenia patients and inactive illness, economy class syndrome

Schizophrenic patients are often afraid to go outside or are overweight and tend to be trapped in the room.

Therefore, I think that the chances of physical activity decrease, and people tend to suffer from inactive illnesses that affect affected evacuees and economy class syndrome caused by keeping the same posture.

I hope there is a game that can be done alone to promote exercise in the patient's room.

Telepathy blurs boundaries between self and others ... positive symptoms

When you have schizophrenia, the boundaries between yourself and others are blurred, and you feel as if others control your area.

I feel that others around me are monitoring my privacy, and I feel more like being eavesdropped or being watched by a surveillance camera. You will feel invisible gaze by others around you and you will be afraid to go outside.

Other people around me can feel like my thoughts get lost. It feels as if other people are tapping into your thoughts. As it progresses, you will feel as if you are receiving a telepathic command from others around you.

I feel a sense of discomfort around the back of my head, and I feel as if some transmitter or receiver is embedded. Through the transmitter and receiver, you will feel like you are telepathically communicating with others around you.

At that time, the patient feels that his privacy has been completely lost, as others are constantly looking into his head. Originally I hate interpersonal relationships and want

to be alone, but I'm put in the opposite situation, so I'm completely crazy and desperate.

At this point I think the case by the patient will happen.

It is troublesome to do anything ... Negative symptoms

When it comes to the negative symptoms of schizophrenia, you will find it difficult and annoying to do anything.

No matter how much dust accumulates in the room, cleaning will be unlimited because it will be stored on your stomach. The frame of the TV will be white with dust.

The room is filled with garbage bags. If there is raw material, there will be a lot of flies.

The room is filled with empty mail order boxes that are no longer needed.

With the scattered supplies and documents, there is no step in the room. Used tissue paper and garbage cannot be put into the garbage bag and are scattered around.

Because you can not take a bath, your body will smell, and your face will become sticky with oil. The flies will come closer. Since the teeth are no longer brushed, bad breath will start to pop and caries will increase.

The cover of the futon that always sleeps is stained and dirty.

It is a feeling that cleaning and cleaning cannot be performed in general.

Is it better to call it a brain disease or brain disorder than to call it a mental illness?

Although it is schizophrenia, when it comes to mental illness, it is difficult to understand which part of the body, the whole body seems to be crazy, and it promotes discrimination of the general public unnecessarily, so brain diseases, brain diseases, brain I think it's better to call it a disability. I think it's a problem with the amount of neurotransmitters in the brain.

It is a kind of disability.

It may be a neuropathy.

It looks like a sensitive radio

With positive symptoms of schizophrenia, the patient feels as if the behavior of others around the patient is directed at the patient.

This is because the patient himself has some sort of highsensitivity radio-like perception and consciousness, and the sound that should be inaudible was originally increased, and it was felt that it was received as if speaking there. Is that it has. I think that the higher the sensitivity of the radio receiver, the more schizophrenia.

I am not good at moving others, do nothing, try to do everything alone ...

People with a disappointment are not good at getting things involved and getting involved with others to work.

It's hard to move others because of the fear of human beings, so I try to carry everything on my own, but of course it often doesn't work out, which lowers the evaluation of others.

In addition, the people around them are afraid that they do not seem to cooperate with others, do not do anything, and continue to take on the attitude of Happo beauties, so the psychological contradiction with the surroundings gradually grows, and finally the integrated failure I think that the disease of the disease will occur.

Therefore, it is thought that it is not suitable for occupations that try to move people to achieve something like corporate managers.

As a method of utilizing this kind of stout temperament, a person with stupor temperament is utilized in such a way that it can be moved alone as if by a chief of staff to make a strategy, and the person who moves and negotiates is executed by another society I think that going on a tripod with a powerful person is the secret to going well.

Trying to break the interpersonal relationship, rebuilding the interpersonal relationship once it is not good ... the cause of the onset

A person with a disappointment will try to evacuate or evade interpersonal relationships. That is, instead of trying to change the opinion of the people around them, not trying to change the opinion of the people around them or to assert their own ideas to those around you, People tend to choose their own way of thinking.

And even if there is a request from others to rebuild the interpersonal relationship that they once refused, they will psychologically refuse, and there is a tendency to absolutely avoid rebuilding.

In this case, if you force yourself to rebuild the interpersonal relationship, you will develop schizophrenia due to pressure and stress, so you will try something new and something new that is not related to the existing interpersonal relationship I think it is a good strategy to utilize human resources.

In the case of the writer, I mistakenly selected the major subject of the university and accidentally entered a major subject that was not originally suitable for me, but it seemed difficult to change to another subject, so I did not move from myself I stayed in the department with the slurp (I think this was the root of the problem).

As a result, they gradually become unsuitable with the people around them, and gradually go to college, and are treated as if they have knowledge of the major subject in Japanese society. By passing an exam that guarantees that

you have enough knowledge at the graduate level, you can end your involvement with your major and end up jumping into something else where you are likely to take advantage of yourself. I decided and executed.

As a test to check the knowledge of the subject, I chose a civil servant exam in that field and passed the final exam, but I did not proceed there, I chose a company in another field that I was interested in before, I somehow got a job offer and got a job.

From then on, I rarely went to college, wrote my graduation thesis, but did not receive the supervision of my supervisor, but submitted it as it was and graduated from college with almost no interpersonal relationship with my supervisor. I came out in a form close to dropout (although all the units were earned).

However, at the company where I got a job, I wanted to do a job that made use of my university major's knowledge, and at first, I was gradually getting more and more involved in that related job.

While thinking that it was troubled, I thought that when I was abating properly (I could not have done it), I gradually became unable to hide the inconsistency and finally contacted my university graduation department I have been assigned a prerequisite job.

Naturally, he did not work at all and received severe evaluations from the company, and lost his place of escape and whereabouts was thought to have led to the development of our schizophrenia.

Tasks that require interpersonal relationships, tend to abandon or leave work unattended

People with a disintegration tend to abandon and leave tasks and tasks that need to move interpersonal relationships without doing anything.

In the case of the writer, I could not do the necessary work at the workplace, I could not do anything even if the situation worsened, I was regarded as a person who was unable to do it effectively, lost my place, was cornered and integrated I felt like I was having schizophrenia.

Become a waiting person

When a schizophrenic suffers a memory impairment, his head is empty and empty, so he can't think of anything.

For this reason, it is difficult for employees to work and find a job at their company or at home, and it is difficult for them to take the initiative to find and do work on their own.

The content of other people's instructions will be taken as it is, and will be executed mechanically as it is, without making judgments of good or bad.

The responsibility for the consequences of a poor job is often not taken by the patient himself, owing to the other person who gave the instructions. Often rubbed against clumsy patients.

Can't get qualification, can't pass exam

Before I developed schizophrenia, I was able to pass university entrance exams, civil servant exams, and information processing technician exams relatively easily.

However, after the onset of schizophrenia, the only qualification that could be obtained was Eiken Level 2 (high school level), and the other qualifications could not be remembered at all. I haven't passed.

Speaking of why the Eiken Grade 2 was also obtained, in conversation with the examiner of the second exam, it was enough to simply read out the English text of the text corresponding to the question of the examiner, so it was only necessary to reconfirm the memory contents passed.

So, now that I can no longer remember from the beginning and write in sentences or speak verbally, the qualification exams and entrance exams that are required for such things have become demon gates for the author.

The TOEIC and the listening content and the spoken content flew away somewhere with volatile memory, and it was a series of things that I did not understand what I was hearing, so I am content with a low score (about 700 points).

Will I be able to retake the qualification and entrance exams once my illness is cured?

What medicines are effective to take?

Even if you get a qualification from now, it is difficult to find a job because of age restrictions because of the seniority order, so you have to find and enter even a low wage workplace that you can get without a qualification. In considering the characteristics of patients with schizophrenia, it seems that they have no choice but to take on simple tasks such as cleaning and delivery, and work alone.

Jobs suitable for people with schizophrenia, unsuitable jobs and avoidance of schizophrenia

What is a good job for people with schizophrenia who are predisposed to schizophrenia prior to schizophrenia?

Work that can be completed by oneself alone. Studying at
school, studying at middle and high school entrance exams
(without group discussions or group work), studying civil
servant exams, studying various qualification exams. These
are perfect for those who are self-sufficient and willing to
learn by themselves. Before we got sick, we were quite good at exams, and there seem to be others. I think it will work if
you give the work in a test format that prepares you alone.

☐ Work that does not require socializing and interpersonal coordination. Jobs that do not require psychological consideration and attention to others. Jobs that do not require bosses or colleagues to lick or become Jesus. Work that can be done without reading the air. A job that can be done as instructed. I think that you can raise numerical analysis such as accounting and experimental statistics, and programming.

☐ A job that can be done lonely and silently at your own pace without concern for human relationships. Work to be

done silently alone, such as warehouse work or cleaning work. I think that the lighthouse keeper and the tally of water, electricity, and gas meters can be raised.
☐ A job that is highly valued for coming up with new discoveries and inventions. People with a disappointment tend to be interested in various things one after another due to their lack of concentration, and are tempted to try to disprove existing theories. In the process brings new discoveries. I think there are aspects that are suitable for a single researcher (Seminar where joint exercises are entered instructors and teachers who have interpersonal relationships with students are not suitable. Joint research involving consultation etc. I don't think it's very suitable.)
Conversely, work that is not suitable for
☐ Group work, group / group work.
☐ Work that requires attentiveness, reading the air, and paying special attention to the boss and colleagues.
□ Complicated relationships
-Precedent, work that emphasizes conventions
Isn't that so?
I think that people with schizophrenia can do their job right or avoid the job they don't, so that they can exercise their full potential and avoid schizophrenia.

Disability exercise and schizophrenia patients

NHK Educational Television shows the history of people with disabilities and intellectual disabilities taking action on their own, making the people with disabilities more viable, exercising the government, and achieving human rights results. Was broadcast on

I think it's a great power, and I'm just losing my head to the efforts and actions of the people involved.

On the other hand, what I see and wonder is what about mentally ill people.

If you have schizophrenia, when you have a positive symptom, it will be an incoherent statement and you will not be able to guide your own disability exercise well.

If you have negative symptoms, you will be heavier and less motivated, and you will lose your willingness to actively participate in disability exercise.

If you have cognitive dysfunction or memory impairment, your attention, memory and intelligence will decline, and you will not be able to guide your own disability exercise well.

So, I feel that the exercise of the mentally ill is more likely to be left to the family of healthy people who communicate with the mentally ill. I think it is difficult for people with mental disabilities to get started.

How can this be solved, for example, if you have a patient who wants to exercise with disability, such as a hallucination in a schizophrenic patient such as Abilify, a drug that helps to cheer up while eliminating delusions?

My name is unstable and ad hoc

People with an investment climate tend to lose their names when communicating between themselves and others, and tend to lose sight of what they call themselves.

For example, in the case of the writer (male), when talking to others, it is difficult to judge which of "I", "I", "me", "this", "here" and "us" should be said. It's been a lot of fun and, after all, it's been a long time since I didn't know my proper name.

It seems that there are many healthy males who use the word "I" to make it consistent, but I am clearly enviable.

A person with a temperament is nonsocial

I think that a person with a disappointment is not a social being that acts in accordance with society or an anti-social entity that acts against society, but it is probably a nonsocial being without sociality.

Whether you're not good at socializing or you aren't good at it, you feel that you're used to being alone, without being actively involved in society. Well, I am lonely to be alone, but I am not good at interpersonal behavior because it is

also a bit of phobia, so I think that I tend to take a halfhearted attitude without being able to stick with it.

I'm not good at SNS, but if I make a comment on an anonymous bulletin board OK

The author is not good at activities on SNS such as Facebook, mixi and LINE. In particular, Facebook has a sense of bringing a real society to the Internet as it is, and it is difficult to speak out with a sense of being careless with zero privacy.

By comparison, 2 Channel of the anonymous bulletin board has many restrictions on the content of remarks, and can be freely commented without real interpersonal relationships, so it is often posted. If you get used to it, it can be useful and useful for collecting information, exchanging opinions, etc. without exposing privacy.

Twitter and others have accounts that do not follow or are poisoned by themselves who are not followed, apart from the air accounts that are open to the public to the surrounding people, and they are only poisoning with complacency.

I don't use LINE because I'm not good at LINE because it's annoying and constantly watched.

Insane and biased in knowledge

This may be only the writer, but people with stupor will tend to prefer areas without people, and as a result, they may not know the common sense that ordinary people know very much Isn't it?

Even though I grew up in the rice farming society in Japan, I still don't know how to cook rice. Well, there is a point that the taste of the packed rice is compromised. It's definitely crowded and unpleasant to go in major directions where everyone as a Japanese is, so it's easy to be tempted to try something different.

In that regard, there may be some aspects that cannot be removed from the minor orientation and hobbies forever. I think that there is also an advantage of knowing special information that most people do not know.

Perform best when you are alone

Isn't a person with a temperament the best when he is alone? Such as qualification exams.

On the contrary, I think that teamwork is not good. It feels like I'm distracted by the people around me, I can't move, I end up doing nothing.

I can't decide one because my thoughts are so different

People with distempered tend to think that their thoughts fall apart and that they think of one, then the next moment

they are thinking of something else unrelated to it I guess (it seems to be called union relaxation).

For example, when considering the real estate to buy (such as a cheap old estate), if you think that the room size is right, the next moment you are thinking only about transportation, and the next moment I feel that attention is paid to PC repair, which has nothing to do with the real estate purchase.

I can't decide what I'm thinking, and I tend to be indecisive.

I cannot watch the same TV program for a long time

Schizophrenic patients cannot keep watching the same TV program for a long time.

First of all, I have no concentration for a long time.

It's better to watch some short programs.

Also, if you have cognitive memory impairment, even if you watch the program with great effort, the contents will all fall out from left to right and will not remain in your head.

I can't remember what I said orally

If you have memory problems with schizophrenia, what you say orally over the phone will go straight from right to left and will not remain in your head. It becomes impossible to remember without clues.

It is not possible to always recall previous memory contents like a healthy person.

This is a major barrier to patient participation. In a company or the like, if a healthy person talks about something quickly, he / she cannot remember it properly, and the game of social participation ends there.

When I say it quickly, I can't take notes. Also, when it develops, it shrinks like handwritten letters for taking notes of patients, making it unreadable for the person himself.

There is a feeling that it will be a little better if it is verbal communication while looking at the PC screen or beautiful type. It is good if you can get the memo in print, but it is a feeling that you can not use it properly for memo taking use due to continuous keyboard, keying mistakes and conversion mistakes.

Can a schizophrenic patient develop a smartphone app?

I think that schizophrenia patients are more or less suitable for smartphone application development.

As the facing side,

I can work alone. Work can be done without direct interpersonal relationships. Heaven for patients who are not good at interpersonal relationships.

Work can be done at any time. It is not necessary to go to work on time, as long as the application can be assembled

even during day and night reversal life. It is very convenient for patients who suffer from sleep time control every day.
☐ Work can be done at home. No need to go to work or go out. I am glad for patients who are afraid to go out and tend to withdraw.
There is such a side.
The disadvantages are:
☐ I can hardly remember the contents of the source code I wrote myself or referred to in books and websites due to memory problems. The contents of the design document cannot be stored.
□ Because you are usually locked up at home and you have a narrower view, you are less likely to know what apps are needed in the real world and tend to create apps that cannot make a profit.

There is such a side.

In our case, we are making a simple tool app for Android little by little and trying to earn advertising revenue, but if you go several thousand yen a month, it is a good level.

Memory bottlenecks raised by disadvantages are the main bottleneck. I don't think the problem will be solved.

I'm not good at speaking, speaking, and speaking

Many people with a disappointed temper speak out or are not good at speaking.

In the case of the writer, I can't do it because I have a feeling of resistance or utterance to the voice recognition application of the smartphone such as Apple's Siri.

I feel like I'm not good at talking to other people and the roots are together.

It's a communication obstacle.

One point concentration breakthrough type

Many people with a disappointing temperament will concentrate on all their nerves and break through to achieve something.

Conversely, I think that everything except the concentrated one point becomes appropriate or all-you-can-eat and often buys bad reviews around me.

In our case, the breakthrough of various tests such as university entrance examinations was this one point concentration. I liked purifying it for my purpose.

However, when I got a job, I felt that I was able to do multiple tasks at the same time with good salt plums, but I was not able to do it in practice, but I got sick.

What to do when you sleep asleep ...

Sick patients are poor at managing sleep time and getting up in the morning.

If you can't get up in the morning when you're sleepy, it's a good idea to wake up with a quick sip of sugar-free coffee in your plastic bottle.

Not good at network games and social games

I have never played network games or social games. Say, or don't get motivated.

You have to work with your team members in a close-to-real interpersonal relationship, but it doesn't seem to be acceptable to patients with social phobia.

Everything is my own pace

Schizophrenic patients like to be alone and tend to do everything at their own pace.

As a result, they lack coordination with their surroundings, are complained, and increasingly hate interpersonal relationships.

Interpersonal relationships do not last 2 days

In the case of the writer, if I attend a two-day event, on the first day I have the willingness to talk with the surrounding people and make a pause, but on the second day I lose my energy and do not react like a stone It will turn into a beautiful object.

Anyone who comes into contact with me on the second day seems to feel bad at me, and everyone gets angry. I feel like I'm losing my willingness to talk to the other person and ignore the other person, or even if I start the conversation, the other person notices that I won't talk anything from here.

It's like traveling with friends, statues of relatives, etc. I was in trouble. Will taking a quick medicine improve?

Facial pulling, causing tic symptoms

When I try to talk to an unfamiliar person, my face pulls and moves without permission.

Is it a tic symptom? Even if I try to stop it will not stop.

Very troubled.

Later, it seems that many people talk to my writer and look at the writer and make her face nervous, probably because the expression of the writer is eerie and intimidating.

I think it will not work.

Words do not come out, become silent, repeat only fixed phrases

Schizophrenic patients have empty heads and no words to say what to say.

So, while trying desperately to say something, all I can do is just silence.

Or you just repeat the boilerplate that anyone can say right away, and that doesn't seem to offend you, such as "Thank you" or "Thank you".

I like private rooms

I like private rooms. It is good to be able to spend alone without feeling the sign of others.

Large rooms and shared rooms are not good at offices, hospital wards or hotels.

Photo and video shooting targets change dramatically

Patients with schizophrenia have a lack of concentration, so when they take a picture or video, the shooting target seems to change, giving the impression that the viewer is distracted and confused.

When I am sick, my hobby is to go to a nearby station and shoot trains and people's movements, but when I release the

shooting results online, I look at the shooting target too much You will have the impression that you feel sick.

I like contrarian

Many people who are stuporous have contrarian thinking who take opinions and actions that are opposite to those around them.

While everyone around is watching the reputable anime, you may put it into an unknown minor animation alone.

People with a disappointment like to be alone without being around, so it feels like a natural reflection on their creeds and hobbies.

Similarity between chronic fatigue syndrome and schizophrenia negative symptoms

I think that they are both tired and sleep a lot.

Chronic Fatigue Syndrome is caused by fatigue because the whole brain is active, whereas Grenade Negative Symptoms seem to be quite different illness due to decreased motivation and thinking (low engine speed).

I get nervous and I can't sleep continuously, my life rhythm is disturbed ... I don't want to meet others

For patients with schizophrenia, the next day to a few days later, when they have to exchange a lot of conversations with people they have never met, they are so nervous that their eyes are continuously clear and unable to sleep. It becomes.

Basically, if you try to have a conversation with another person, you will not be able to establish a proper conversation due to your memory disorder, and giving unpleasant thoughts to the other person will cause anxiety and high tension.

Halcyon, a sleep-inducing agent, and Zopiclone, a sleep-inducing agent, usually work very well, but when the tension comes out, the tension keeps pushing back the effect of the sleeping pills, keeping your eyes and head clear, I feel like I can't sleep all night.

Insomnia continues during these nervous schedules, and when it is over, the pattern is that it falls down and falls asleep for several days. You will not be able to work regularly in the company.

Because of this, your regular daily life will be disturbed.

Also, when I was working for a company, I had to meet people that I had never met at the company and had a lot of conversations and meetings and drinking parties were too heavy, so I often took a break from the company. I feel like Naturally, I think he was accused of taking a break and was relegated to his post.

The bottom line is that sick people like to be alone, hate meeting other people, and if they have to meet, they tend to be nervous and unable to sleep at night, and in some cases miss attending meetings There is, there is.

I can't talk to others. Become dogmatic.

When people do something, many people are arbitrarily committed to doing things without consulting with others.

The reason is that consulting with others around you is a psychological burden and cannot be done in the first place.

If you do not build personal relationships with people around you, you can not bring in consultations, but you can not talk from yourself because you feel high about the premise of building interpersonal relationships or the psychological barrier to rely on others.

When I was asked by others around me, "I have a face that doesn't float recently, are there any questions I need to ask?", I feel like I can say "I'm actually in trouble with OO" for the first time.

I think that it is important for people with disabilities to survive that psychological and social feelings that cannot be consulted around can be removed.

Lack of leadership and leadership

People with disinterest tend to prefer to act alone, and often lack the leadership and leadership that brings together the actions of multiple people.

When I was in school, I always felt like I was walking at the end of the group.

I was not good at group human relationships, and it was essentially useless to take the initiative in the group.

New drug Cycrest, domestic sales

http://www.meiji-seika-pharma.co.jp/pressrelease/2016/detail/160526_01.html

http://kusuri-byouki.com/sycrest-hukusayou-kouka-1544/

It looks like a sublingual tablet.

It seems to work for both positive and negative symptoms.

I also want to drink.

Hate speech to schizophrenic patients on the Internet bulletin board

The 2ch mental health bulletin board is just a hate speech for schizophrenia patients recently.

Can I get a glimpse of the Japanese public's awareness of the patient?

They feel that schizophrenic patients are regarded as useless luggage in society, and that they say that they should die early and commit suicide. Because it is thrown continuously in a short time, it will be a habit to see even if you do not like it.

I want to argue, but it's hard to do because it's the annoyance that surrounds you when you have a positive symptom, the negative symptom where the feeling of a useless lazy person is strong, and the fact that it points to the truth.

Healthy people don't trust. He says that he apparently repairs the face-to-face and takes measures against the handicapped, but his inner mind feels like discrimination emotions.

New drug, Lexarti

It seems that such new drugs are also available.

What kind of medicine is "Rexarti"? -Difference from Abilify, fewer side effects

http://www.fizz-di.jp/archives/1035957976.html

It claims that side effects such as insomnia and irritability are reduced compared to Abilify.

When I was taking ABILIFY, I was impressed with my ability to improve my behavior, but after that I became insomnia

and nervous, and ended up giving up, so I expect this new drug.

Where are schizophrenia patients in the Japanese society?

In the near future, in Japan, which has been tilted to the right, schizophrenia patients are likely to be walked with their collars when going out as dangerous people.

Or, I feel like I'm being admitted to a facility without permission to go out and being isolated from society until I die.

Or is it a gas chamber feed?

Liberalism and democracy have no place for schizophrenia patients in the Japanese mura society, in which the ancestors are just old.

I can't read the other person's expression. I do not understand the other person's emotions.

I'm talking to other people and I don't understand their emotions.

I can't understand what the other person is feeling from their expression. It's hard to tell what kind of conversation they will be happy or angry with.

For the time being, I'm just talking with the feeling that I'll just hit the hammer.

Is it appropriate to kill disabled people who are unlikely to play a social role?

A recent incident occurred in Sagamihara City, Kanagawa Prefecture, where a former employee of a facility for people with intellectual disabilities killed a large number of persons with disabilities.

One of the reasons for the killing was that "the disabled are socially useless luggage, so it is better for society to kill them."

Just the other day, a schizophrenic patient, Hatekopipe ("Schizophrenic patient dies"), has been persistently posted on the 2ch mental health board of the anonymous bulletin board.

In this mass murder case, not a small number of Japanese agreed with the attitude of the murder suspects, and we understood from Twitter and others that they thought, "I don't need a disabled person.

Combining them, the author says, "Japanese society is trying to kill and kill themselves with disabilities, ostensibly they want to kill them deeply, even if they say beautiful things." I have a strong feeling. Thanks to this, I am very scared to go out and come in contact with the general public, and I have been living at home all the time. All you have to do is face-to-face with the courier through the front door.

In my opinion, people with mental illness may or may not be very useful now, but with advances in neuroscience and psychiatry, disabilities may be resolved, and they may eventually become useful. You should keep in mind that there is sex.

In short, I think it would be beneficial to keep it alive in the future.

For example, it has been said that people with schizophrenia that cause schizophrenia are better at adjusting to being alone and better at thinking about things with unprecedented originality. is. These qualities are obviously useful to society. I think that if schizophrenia patients are cured of their disorders, they will be able to demonstrate these characteristics and contribute to society.

Isn't the same for other obstacles?

So, I disagree that people with disabilities should be killed.

New drug Sorian

In general, it seems to work better than previous drugs on the positive symptoms of schizophrenia. It also seems to improve the negative symptoms of schizophrenia and the symptoms of cognitive dysfunction.

Although it has not yet been approved in Japan, it is a promising drug.

I am suffering from negative symptoms and cognitive dysfunction, so I am looking forward to it.

Postpone the task little by little ... eventually abandon the task

In the case of the writer, I often repeat tasks that involve interpersonal relations and postponement of work a little at a time, and as a result of not working much, it is often too late and eventually abandon the task.

After taking a shower or this typical thing, I thought about entering one hour later, when the scheduled time arrived, I thought that my body would not move and I would postpone another hour, and I stayed there and ended up at night It's time to go to bed, so let's go first tomorrow morning, think about going to bed today, go to bed, and when the next morning, the body doesn't move and maybe one hour later, ... endlessly, the days when you don't take a shower no matter how many days pass, your body is wrapped in foul odors, and it's like a little fly.

The cause of my schizophrenia is the same, and I need to contact other groups of people in order to proceed with my work, but I am not good at interpersonal relationships and I feel like talking about interpersonal fear I couldn't do it, and I had to stretch it for another day or so, and after months

had passed, it was the same as having abandoned my job, and a big hole in my job.

I don't know how this procrastination will heal. I think there is something better.

I like skip reading

I'm not good at watching a full-length story from beginning to end or reading a book from the first page to the last page.

It is good to flip over pages and tables of contents and skip them, and pick up and read interesting places.

I don't like comics or full-length stories, I like 4-frame comics, and I like watching one-story complete stories with anime.

Is this related to temperament?

Concentration breaks when talking with others

In conversations with other people, you can speak well at the start of the conversation, but gradually lose your concentration on the conversation, gradually nodding, and eventually become a non-responsive stone.

Forget your thoughts soon ... shortterm memory is ruined

When you come up with an idea or a keyword for online search, and then look at your web browser to search, you will be caught up in a row of tabs, and you will not see any idea or keyword that came up at that moment. Short-term memory is easily destroyed.

Schizophrenic patients as persons with intellectual disability

Schizophrenic patients fall into the same category as people with intellectual disabilities because of severe cognitive and memory deficits and negative symptoms that impair their ability to think.

I can't remember or come out of words ... the destruction of memory search ability

I often get in trouble when I don't come across words I should have learned in conversation with other people or in school.

During this time, when I tried to say "branded personal computer", I suddenly couldn't remember the word "brand" and got stuck on the spot.

Anyway, the basic words do not appear and the memory search ability is completely over. This is troublesome. I think it will not work.

No endurance in conversation, no stamina

When I talk to relatives or other people, at first, even if I can interact with them at the beginning, I will soon be troubled to talk, become silent, and just begging to talk with the other person It will be.

I don't have the endurance in the conversation, I don't have the stamina, I feel tired quickly.

It quickly becomes a state where nothing to say comes to mind.

Because of this symptom, it's so painful and unpleasant to meet others. This is because it is not possible to continue the dialogue with the other party on an equal footing. I guess it won't work.

After reviewing what I was writing before, I realized that I had completely forgotten what I had already written. It seems disappointing that my memory is completely gone.

(I wrote this article with great effort, so I'll leave it as a waste.)

Not good at cooking

We cannot cook. Cooking requires complicated tasks and must be done on time and is difficult to do with the negative symptoms of schizophrenia.

Also, due to the cognitive dysfunction of schizophrenia, it is not possible to remember cooking recipes in my head. You won't immediately know what to do next.

So, our meal is overwhelmingly just to heat the retort food in the microwave. When you're sick and depressed, you don't have the energy to use the microwave, so you often eat carbohydrates and fats and eat pastries like biscuits. Protein is found in soy milk and fish sausage.

Naturally, the lack of nutrition has led to anemia, so I take my iron tablets and multivitamin and mineral supplements daily.

Just like an animal's sloth ... negative symptoms

I thought about watching an online video of the animal sloth meal scene,

He stays in the room all day and can't move (can't move), eats while sleeping, and looks exactly like a patient with negative symptoms of schizophrenia. I think it will not work.

I can't build interpersonal relationships from myself

If you are a sick person, you may not be able to build a personal relationship with yourself, and it is easy to be isolated.

I am not good at getting into the circle of people positively, and I think that I often stay alone.

I would be very grateful if a strange person would appear to mediate interpersonal relationships or invite them with interest.

However, sick patients are also very shy, and their hearts remain closed to others, making it difficult to respond well to such invitations.

I think there is a good solution.

Mental whiteout

I think that a state of cognitive dysfunction in schizophrenia, where the mind is completely white and nothing comes to mind, can be described in terms of mental whiteout.

I personally think that it is very similar to the situation where you can not see anything because the snow storm caused the view to be white.

Discommunication and schizophrenia

A pattern of schizophrenia or people with schizotemperament who have not yet developed symptoms, do not communicate with the surrounding people, leave it alone in their shells, and get angry with the surrounding people `` Please communicate more '' Isn't there a lot?

I hated communicating with people around me and sharing the topic, I was not good at maintaining human relationships, I thought it was easy to be alone, I just neglected communication with others, I think that there is a strong tendency to undermine other people's mood, to be shunned from others, and to be more and more alone.

If you leave it alone, it will make you feel good and it is quite good, but the trouble is that when a patient has a troublesome problem that can not be solved alone (such as an earthquake disaster), the usual human network Is that no one can help because of the scarcity. This is a problem.

The need for social isolation and schizophrenia patients in Japan

It seems that as a recent movement for the treatment of schizophrenia, similar to the case of the United Kingdom, patients are being incorporated into the community as much as possible, and they are trying to become independent there.

It will work well in a society where the society is open and it is safe for foreign people to enter (such as a pastoral European society).

However, as in Japan, living together with homogeneous people, severely refusing to join a foreign person from the outside, or bullying a sick person who pulls their feet inside, to make the village eight minutes. It doesn't seem to work well in my favorite village community (rice farmers).

In Japan, even on a bulletin board on the Internet, the feelings of hatred by healthy people for schizophrenia patients are overflowing, and patients are dying and dying, so patients can live with healthy people at last I don't think

For example, rent is high in the metropolitan area, so if you bought a cheap condominium to escape from the current situation, the management union asked you about the new resident about moving a condominium, and eventually schizophrenia If you know that you are getting mad, you can get out of the apartment because the mad spills poison, it is said that it is in the way, and it is expected that you will have to sell the apartment and go out.

It is not desirable to keep a patient hospitalized even if the symptoms of the patient are alleviated because of the increase in medical costs, but it is Japan's responsibility to isolate patients from the society to some extent and to secure housing to prevent bullying from the village community. I feel it is necessary in society.

I wonder if it would be better to build or borrow some kind of isolation complex or house for patients somewhere on the hill just outside the city, so that sick patients can come and live. I am thinking.

Needless to say, some people get sick after getting a job at a large company or government office. In such a case, they may live in a company or government office organization. However, it is considered that such a situation is a socially upper class person, and even if they work somehow, they may take a leave of the company or government office due to illness and be fired. The patient is cut off and the patient is left alone. I think it is necessary to have a home to serve the isolated patients in such cases.

Since sick people prefer to stay alone and are not suitable for group activities, they need a privately-owned house that does not require such activities. In that sense, the traditional group home is a collective society, so it is not suitable for privacy because it wants to be one of the sick patients.

In order to avoid harassment from the outside village community, I think it is necessary to have a private room-type sanatorium and housing complex completed within the patient community. There is no need to build a new building at all, and it is good to have a minimal renovation in an unpopular housing complex after a long time.

I think that it is good to be able to keep the cost low by remodeling a schizophrenia care apartment or an existing old cheap studio apartment.

In any case, patients need to be isolated from the Japanese healthy community. In order not to be harassed by outside healthy people, it is possible to live in a stable mental state.

I think it is necessary to be hospitalized for patients who are severely but not mildly violent, have blades, and are often dangerous. When the symptoms calm down in the hospital, I think where to live is a problem. Isn't it a good idea to make it an isolated house for the healthy people from the village community?

Can't get a deadline order? Instability of life rhythm

In the case of our patients, it is difficult to make a regular daily rhythm, and it is difficult to get up on time and sleep on time. Even if you can get up and go to bed to some extent regularly, your body will become tired without your knowledge, and you will not be able to get up quickly.

Therefore, it is impossible to complete the work of XX by a certain date and submit it, because the time can not be read and the schedule can not be set, and it can not be done.

However, if you wake up when you can get up and repeat sleep when you feel sleepy, it will be reversed during the day and night, but during the time you are awake, you can turn it all over to work and during the time you are awake If the condition is good, the work will go on and on, and it is possible that the work can be completed with plenty of time.

It is possible that work is impossible in the first place, considering that negative symptoms appear and thinking ability decreases, and cognitive dysfunction causes memory loss to zero. In that case, the output of the work is poor at first, and it is thought that it is useless because it can not be ordered in business.

Embrace low social status

In order to maintain the social status of human beings, they need constant negotiations with the people around them and the output of mutual cooperation.

I think that withdrawal patients who have become difficult to negotiate and cooperate with others have to endure themselves in low social status.

Private room is good because shared room is not good and it is small

People with stupor dislike prefer to be alone.

So, I'm very bad at sharing a room with others in a group trip.

It is good to stay alone in a private room because it is good to be small and it is good with capsules.

It's just a large office or office of a Japanese company, but it's not suitable for people with a temperament. You can feel safe if there is a partition between the neighbor and the person facing you.

Forget or forget the medicine, swallow the medicine twice

As the cognitive dysfunction progresses, the succumbed patient forgets whether or not he / she has taken the drug, and just swallows it twice. It's easy to forget your last dose of medicine and you never know if you've taken it or not.

If you do not take it and you do not feel well afterwards, you will have to drink it again, but after a few days you will run out of medicine and you will realize that you were drinking twice.

Should I attach a medication memo with spreadsheet software? I never thought that my intelligence would get worse, shock.

Effectiveness of nicotine and tobacco ... cognitive dysfunction

It has long been said that many sick patients smoke.

It has now been found that nicotine in cigarettes has the ability to enhance brain activity and restore and promote cognitive function in sick patients.

http://gigazine.net/news/20170124-nicotine-brain-activity-deficit-schizophrenia/

According to the study at the link above, `` When mice were ingested daily with schizophrenia mice, the brain activity of inactive mice became active only 2 days after nicotine administration, and nicotine administration for another week It appears that the mouse's brain activity has returned to normal, indicating that nicotine acts on nicotine receptors in the brain to return cognitive function to normal."

That's right.

We have been suffering from cognitive dysfunction of schizophrenia for a long time, but it seems that taking nicotine can solve it.

If you light a cigarette and light it up, there is a problem that your lungs will be ragged, so I think it would be okay if you try to eat nicotine gum.

The following is an example of nicotine gum products.

https://www.nicorette.jp/products/gum/howto

This is an example of selling nicotine gum on Amazon.

http://amzn.to/2j86fo0

Until now, I've come to cigarettes and nicotine without good feelings, but this is likely to change a lot.

Another thing I learned from my losing friend is that there are also heated and electronic cigarettes that are less harmful than normal cigarette smoking. Nicotine gum seems to be better because of its dependence. However, since nicotine gum is expensive, it seems to be an issue how to deal with the financial burden.

How to judge yourself for hallucinations

One way for schizophrenic patients to know if they are really awake or hallucinating is to use IC recorders or the voice recording function of smartphones.

Place your IC recorder or smartphone somewhere in the room where you can hear the sound and start recording. And, I live a normal life, keeping a little quiet.

Record for a few hours, and when you are satisfied, stop recording.

Next, open the recorded voice with the software of the PC which can see the voice waveform or the application of the smart phone. Then, follow the places where the waveform rises in order, and match the hallucinations, or play the entire sound. When you have finished listening, you are done.

In the case of the writer, the chime at the front door usually sounds constantly, so when I thought it would have been recorded, the audio waveform did not stand and no sound was played at all.

On the other hand, the sound of the real home delivery person coming and sounding the entrance chime sound twice in real time has a firm waveform, and it was reproduced with clear voice, so ah, the usual entrance chime sound is a hallucination I was convinced that I was warm.

If you're worried about whether the sound you hear is a hallucination, you may want to try it once. Machines with simple functions like IC recorders do not lie.

The initial writer, ignorant of this, thought that the intercom that produced the chime sound at the entrance was broken, and had the maintenance company of the housing complex replace the intercom hardware twice and fixed it again. At that time, the company noted that the intercom mechanism is simple and no other sounds should be heard. Isn't it a matter of your mood?

After hearing this, the sound I heard as a variable chime sound was a hallucination, and nothing was actually sounding. I didn't notice that at all. His insight was lost.

This was a shock. I didn't know that the positive symptoms were so bad.

In addition, I think that I am sorry to have put the estate maintenance company in vain.

At this point, I'm starting to think that working properly may be difficult.

Contents of hallucinations heard when schizophrenic patients have positive symptoms

The hallucinations that schizophrenic patients hear when they have a positive symptom are embraced by the patients who were (was) around and associated with (was) the patients (It is appropriate to think that the patient himself is reproducing and imagining from his own unconscious memory, and regenerating with the voices of those involved around the patient, such as a running light is.

The contents of the hallucinations often go directly to the old wounds of the heart created in the past due to the interpersonal relationship of the patient, and the mental damage to the patient is large. As a result, patients go crazy after prolonged hearing.

Hallucinations are self-contained in the patient's brain. It is better not to think that people around you are flying to patients for telepathy. Or, don't misunderstand that the people around you are really talking. It is useful to break down the hallucinations as if all of the shrines were the result of self-made self-production of your brain.

Although the content of the hallucinations is a reminder to the patient for his past mistakes, the content of the hearing is often deliberately convenient for the surrounding people (content that is inconvenient for the patient). It is better for patients not to trust the content.

When the patient is alone at home and does not ring the entrance chime, but suddenly talks to the patient or hears a calling voice, the voice is fake, so it is better not to accidentally receive it and get on it. Is good.

Or, when the chime of the entrance rings with a certain tone, and there is nobody even if you open the entrance door, the chime sound is fake. If you cannot distinguish what kind of chime sound is genuine and what kind of sound is fake, you have to open the entrance door to check it.

Positive symptoms and circular stage forced

Positive symptoms of schizophrenia patients are forced to be placed in the spotlight in front of the public, as if in the center of a circular stage, while the patient himself wants to leave alone quietly and alone Stakeholders around the circle (such as relatives and people at work) are one-sidedly called to appear by name many times, shouted, preached, It feels like being beaten.

Patients do not keep psychologically because this mood lasts until they go to bed. Eventually you will go crazy.

Positive symptoms and carbonated drinks

Positive symptoms of schizophrenia make the patient's head white as if it were in a strong carbonated drink, squashing and squeezing.

Or it feels like you're in the midst of strong tension, and it's a tingling mood.

Or, you will feel like you can stay in the middle of the beeping sound.

The chime sound of ping-pong ping-pong continues in the head without interruption.

Will patients continue to be intensely tense, putting strain on the heart and making them more susceptible to death from heart disease? This may be the cause of shortening the life expectancy of schizophrenic patients.

How to virtually eliminate hallucinations of positive symptoms

Hallucinations of positive symptoms are very undesirable for schizophrenic patients. ☐ Noisy anyway. can not sleep. ☐ The contents are often abusive or ridiculed by the influential people around the patient's own failure experience, and are mentally negative, with great psychological stress and pressure. ☐ The content is about the patient's own past, and as a patient, he / she cannot concentrate on work such as work. There are such disadvantages, and I want to remove as much as possible. However, hallucinations are generated from inside the patient's heart, so they can be heard wherever they go and even if they shut out external noise with headphones, they will be heard as inner voice. So, there is nothing good to cancel the hallucination, The method I tried was ☐ Listen to healing music such as birdsong and water flowing through the Tanigawa.

Listen to music that is as loud as possible with orchestral songs.
☐ Endlessly listen to energetic short songs that feel like singing in words like anison.
The most effective was listening to singers singing using words and dialogue (such as anison). this is,
☐ Since the voices and words of the auditory hallucinations and the words of the voices of the singer use the same language center of the brain at the same time, the voice of the singer is mixed with the hallucinations of the hallucinations and sings the contents of the hallucinations of the hallucinations To overwrite with the language center of the brain with the contents of the human voice of the auditory hallucination
□ When listening with headphones, the singer's singing voice such as anison wins in volume, so the human voice of hallucinations cannot be heard
So, I thought that the best way to virtually eliminate

So, I thought that the best way to virtually eliminate hallucinations was to listen to a few short songs that the singer sang the lyrics to, just like the songs I liked, endlessly and repeatedly.

If it is a smartphone application, I think that an application that supports loop (endless) playback and background playback is good.

In the case of music without lyrics, sometimes the human voice of hallucinations was mixed when the volume of the music dropped.

It is a good feeling to put in music with lyrics and play it endlessly. If the lyrics are included, the volume of the music can be small or sober that the words of the hallucinations can be neglected.

It is important to note that if you do not understand the meaning of foreign songs or lyrics, it will be treated as music and you will not be able to invalidate or cancel the words of the hallucinations of the language center.

Also, even with no lyrics, unknown songs whose tunes couldn't be predicted, or songs with a rapidly moving music tempo, such as classical music, often lost their hallucinations. I think this is because the brain is busy processing the information and processing of the sensation during the development of the song, and there is no time for hearing.

On the other hand, when the lyrics get used, they become a kind of melody, and in that state, hallucinations occupy the center of language, so I think it is not very good.

Later, if you feel that the song is annoying, you may be able to listen to aloud reading without a song using voice synthesis software. On a radio broadcast, you might continue to listen to the voices of people speaking.

There is also a way to listen to a conversation without a ridicule of other people around while drinking coffee or coffee in a coffee shop.